SWEDEN
FHM
JULY 2019
THE BIG QUESTION
ARE YOUR MOVES PUTTING YOU IN THE FRIENDZONE?
IS SHE INTO YOU?
UNDERSTANDING THE FAIRER SEX...
MASTER THE BBQ
WITH OUR DELICIOUS TIPS AND TRICKS
MEAT MAD ROAD TRIP
FHM HITCHES A RIDE ON A HEART-CLOGGING TOUR FOR THE AGES
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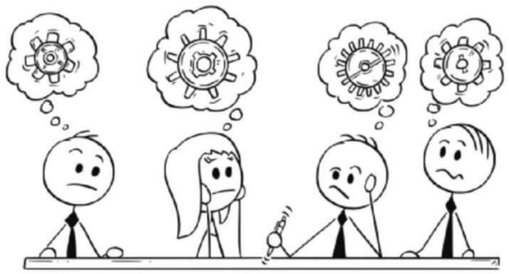

I've dedicated my whole life to finding a cure for insomnia.
I won't rest till I find it.

Working out is like a drug to me.
I don't do drugs.

"Welcome back everybody" is apparently not a good way to start a speech…
If you're the best man at your friend's second wedding.

I can't believe I got arrested for impersonating a politician.
I was just sitting around doing nothing.

What do you call fake potatoes?
Imitaters.

I know an awful lot about bus timetables.
I've led a sheltered life.

I should have known better than to flush my wooden shoes down the toilet.
Now it's clogged.

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IT'S GREAT TO BE A MAN

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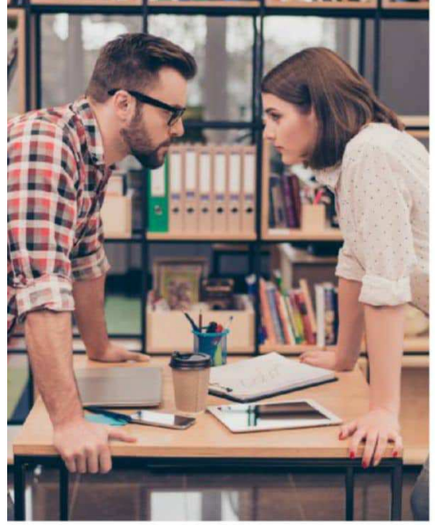

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Have you been relegated to the sex sidelines by a pretty lady? Three friends of FHM have your exit strategy sorted.

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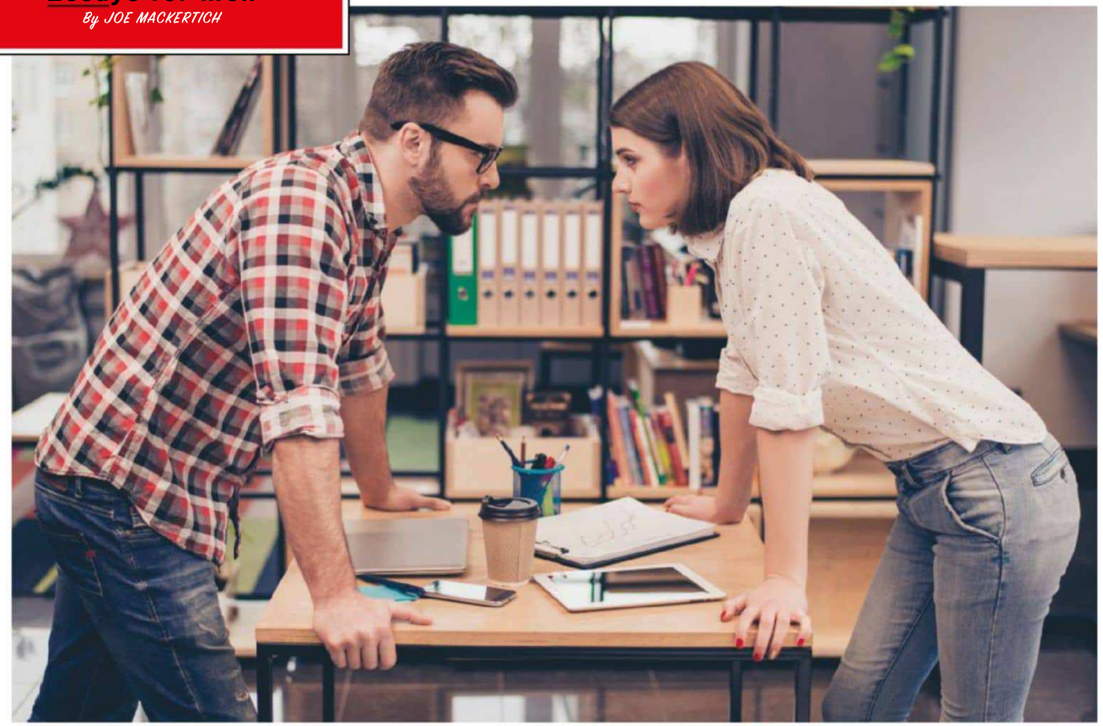
By JOE MACKERTICH



IS THIS THE END OF MEN AS WE KNOW IT?

The differences between men and women are getting smaller. So what does the future hold for us?

Depending on how you look at it, the women of the Sanumá tribe in Venezuela are either really fortunate or particularly unlucky. The female members of the hunter-gatherer rainforest community have – for as long as anyone's ever known – called the shots. In Sanumán society it's the ladies who organise functions. It's the women who arrange marriages. It's even the women who labour in the fields, distribute crops and carry tools back and forth through the jungle.

Why are they unlucky? Because their male counterparts haven't kept up their end of the bargain. While the ladies are running things, the men have relinquished all responsibilities apart from those relating to mystical rituals. And it just so happens that Sanumán mystic rituals revolve around the hammering of naturally occurring psychotropic drugs like DMT. Picture it: the women – broad-shouldered, capable, full of beans; the men – withered, giggling, stoned and useless, like your wasteman nephew after a weekend spent with nothing for company but *FIFA* and Pringles.

The Sanumá situation is extreme, but it could provide a microcosmic illustration of the way things are heading. Physically, men have been on a downward spiral for some time. Our aboriginal ancestors, judging by their skeletons and footprints, would have been able to run as fast as Usain Bolt. Rowers in Ancient Greece could perform feats that can't be duplicated by modern athletes. The arm bones of elite tennis players are *still* less thick than an average man from previous millennia. And it's not just our arms and feet getting weaker. Thanks to changing genetic priorities, our faces are, too. Recent research has discovered that modern women are attracted to men with less masculine features. Softer faces, so the theory goes, are subconsciously associated with traits that actually matter in the 21st century: stability and caring. As a result, the planet's Robert Huths and Jon Hamms are being eliminated from the gene pool. In 50 years' time, blokes with square jaws and powerful brows could be endangered, galumphing across the horizon, hunky features set in chiselled grimaces as they come to terms with imminent extinction.

Men then, are atrophying. This shouldn't come as a surprise. How many women do you know whose idea of a good time consists of sitting on a couch for 49 hours playing *Black Ops* [*Fig.1*]? It won't be long until we're a forlorn, lesser-strain of weak-chinned peons, brittle spines bowed from hours spent in front of computers, libidos depleted due to PornHub addiction. Women, meanwhile, have been making up for lost time. The gentler sex has never been more awesome. Olympic swimmer Ye Shiwen frequently clocks times faster than those achieved by men. The success of South African runner Caster Semenya resulted in her having to prove to the world (by DNA testing) that she wasn't a man. And – as you well know – Serena Williams could beat the piss out of 99% of us without breaking a sweat [*Fig.2*].

It goes without saying that women are smarter than men. Exam results at all age groups show that girls do better than boys. Hedge funds managed by women do three times as well as those that aren't. And companies with female CEOs, on average, outperform those with male CEOs by 50%.

Women are coming to the fore in all sorts of areas traditionally thought of as the sole and rightful domain of men. Since the notorious writer Christopher Hitchens declared that 'women are not funny' in 2007, a plethora of female performers and writers have put paid to the lie that girls – if they *are* going to try their hand at comedy – need to stick to jokes about diets, sanitary towels and silly boyfriends. Tina Fey, Amy Schumer and Amy Poehler create popular TV and film every bit as quality as *Curb Your Enthusiasm* and *I'm Alan Partridge*. Clearly the funny bone is not located in the penis.

Dating apps like *Tinder* have helped shift the paradigm, too. Guys have always liked to believe they had the monopoly on the dating game, strings free or otherwise. These days, a girl doesn't have to wait for some slack-jawed clown to amble his way across a pub to ask her out. She can pick and choose whoever she damn well wants, plucked from a never-ending catalogue of eager men, often topless, sometimes posing with wild animals [*Fig.3*].

The good news is that this state of affairs is something to be celebrated, not feared. For previous generations of men, the accepted supremacy of their gender came with the burden of tremendous responsibility. Most of our dads and grandads were, by and large, expected to single-handedly support their families financially. Now men aren't the sole breadwinners. The last few years has seen an 80% rise in the number of families in which the mother is the biggest earner.

The standard dynamic, whereby women stay at home to raise children while men earn a living, is being eroded. Currently in Britain, only 40% of dads have taken paternity leave, but the numbers are on the increase. In Sweden, the government gives every family a gender-neutral parental leave allowance that pays 90% of the household income for 180 days per child. The parents are free to divvy up those days between them.

It's a brave new world. And it would be a massive shame if we bottled it like the Sanumán caners, sat on our arses, dumbly waiting for the day women evolve to the point they are able to procreate without us. We're lucky to live in an age in which men and women approach the gnarly bastard that is adult life as absolute equals. Let's not let the ladies down.

Fig. 1
Although women *do* play video games, research shows that the 'hardcore' gamers who play for 20-plus hours per week are mainly men.

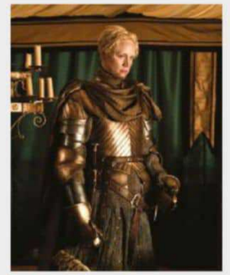


Fig. 2
We cannot get enough of women who could tear us limb from limb.

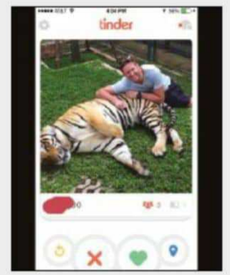


Fig. 3
Don't believe us? TinderGuysWithTigers.tumblr.com is actually a thing. Yes, really…

PICTURES: SHUTTERSTOCK

The big question

ARE MY MOVES PUTTING ME IN THE FRIEND ZONE?

That next compliment you pay her could end any chance of ever hooking up

"It's never gonna happen…you waited too long to make your move and now you're in the 'friend zone'. Ross, you're mayor of the zone." And with that, modern-day philosopher and sandwich aficionado, Joey Tribbiani, created a monster. In that 1994 *Friends* episode, The One With The Blackout, he coined a term that would go on to strike fear into the hearts of all warm-blooded males around the globe: the friend zone.

Once a man is placed into a girl's friend zone, rubbing shoulders with other guys she likes hanging out with but has absolutely no interest in ever hooking up with, he's got as much chance as a bowl-bound goldfish of escaping. Like said goldfish, you can see the girl you lust after but cannot touch her; the longer you're trapped there, the fatter, sadder and smellier you get and, ultimately, you'll end up swimming around in mind-rotting circles until either another ladyfish is dropped into your environment, or you flop out on to the kitchen floor in an act of total resignation.

SIGN #1 YOU'RE IN THE FRIEND ZONE: *You're invited round for a wine and Disney night*

So it's time we found the bright green 'exit' sign in every single friend zone out there. To guide you away from danger, who better to listen to than these beautiful friends of *FHM*, primed with the advice to help you find a way out.

What the hell is the friend zone?

Jo: "You're in the friend zone if a girl likes your company but she wants to have sex with someone else. She spends a lot of time with you but doesn't want to do the sexy dance."

Layla: "You might be the best-looking guy and have the best personality, but you just don't have that edge."

Jo: "Or you're too easy. A girl won't want to sleep with you if you've slept with all the girls she knows."

Lana: "Or you've known each other for too long that sleeping together would just be… weird."

Why do girls have a friend zone?

Jo: "It can be a real confidence boost to have a guy that you know wants you but will never have you. All the compliments and moves he's pulling are probably the reason he's in the friend zone in the first place – a girl doesn't want to give that feeling up."

Lana: "I can't have sex with everyone. There's only so many people."

How can I avoid being put there?

Jo: "Don't always be there at her beck and call. Don't text her back straight away."

Layla: "Don't drop doing whatever it is that you're doing just because she's called you up."

Jo: "Just don't be a little lap dog and let her walk all over you. She needs to know that you have a life of your own."

Has a guy ever broken out of your friend zone?

Lana: "Argh, it was really messy. I was seeing his best friend, but he cheated on me, so the guy picked up the pieces and was super nice to me. I think that, ordinarily, if you're too nice then that's a turn off, but if that niceness comes through at the right time when I need it most, then maybe I'll start to see it differently."

Jo: "Mine was just down to booze. It was a drunken kiss, and I just laughed it off in the morning."

So it is possible to get out of the friend zone?

Layla: "It's possible, yes! There's a glimmer of hope. My best tip is to totally ignore the fact that the friend zone even exists. Guys do weird and stupid, petty things to try to get out of it. Be cool – don't be a dick."

Lana: "Yeah. Like, don't get all defensive and territorial on a night out. Don't think you can't get with other girls just because I'm there. Maybe I'll see you with another girl, feel jealous and realise that maybe I do like you in a new way."

How will a guy know he's in the friend zone?

Lana: "Apart from 'she's not having sex with him'?"

Jo: "If she ever says she'll be your wingman on a night out. Ew. And if a girl's mum is always saying, 'Oh, you two would make such a great couple.' Straight in the zone. I had that with a guy. My mum, to this day, still loves this one friend of mine and says I'll regret it when I see him marry another girl. It just made me want to sleep with him even less."

Lana: "And if your mum likes him, it means you're turning into your mum, and that's fucking frightening."

TOTALLY UNBELIEVABLE

PIG WINGS

Pork on pork with BBQ sauce – it's the stuff dreams are made of...

DJ BBQ SAYS...

"If you like your meat freakin' fast and so delicious you start to wonder if you've died and woken up on Planet DamnThat'sTasty, I'm about to blow your mind. You're gonna want to throw down my unbelievable pig wings at your next cook out, then witness them smashing your summer with a slam of awesomeness.

"The beauty in these bodacious bad boys, beyond them being a double hit of pork, is that you can still put them together after a skinful of icy cool beers. Four ingredients, three minutes of prep time and goof-proof indirect cooking means that even if you're slurring your words and falling over your own feet, you're gonna nail these and maintain your reign at the grill."

THE RECIPE

Takes:
45 minutes

Ingredients:
A stack of inch-thick pork chops
DJ BBQ's Mix Of Rad (see recipe below)
Streaky bacon
Barbecue sauce

+ Soaked cocktail sticks

01

Cut inch-thick, finger-length meat strips out of your chops. "Yeah, losing the flavoursome fat feels all wrong, but the fat of the bacon will make it so right, trust me," says DJ BBQ. Make your Mix Of Rad and sprinkle on generously to coat.

02

Wrap your streaky bacon around the length of your pork fingers, using more than one rasher if necessary. Stab a few soaked cocktail sticks through each one to hold them in place, and reapply your Mix Of Rad again for more flavour.

03

Whack your meat on to the grill at a medium heat, and cook for 45-60 minutes. Turn halfway through. "10 minutes before chow time, slather on your BBQ sauce for extra radness. If you can find Sweet Baby Ray's sauce, use it!" DJ BBQ advises. Serve with more BBQ sauce for dipping and get eating.

Mix Of Rad:

- 2 tbsp soft brown sugar
- 1 tbsp sea salt
- 1 tbsp black pepper
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 1 tbsp onion granules
- 1 tbsp garlic granules
- tsp mustard powder
- tsp chilli flakes

FEATURING THE EVER-RAD HIGH PRIEST OF PRONGS **DJ BBQ**

BBQ YOUR LIFE BRILLIANT

A TRUE BBQ NEVER DIES. Yes, THE EMBERS GO OUT, THE COALS (OR FANCY CHERRY SMOKE WOODCHIPS) GET CHUCKED, THE DISHES ARE WASHED AND THE CANS RECYCLED, BUT THE ESSENCE OF THE THING LIVES ON INSIDE EVERY MAN THAT WAS PRESENT. IN THAT RESPECT, IT'S A BIT LIKE WAR. BUT INSTEAD OF THE DEAFENING RATTLE OF ASSAULT RIFLES AND BELLOWING DRILL SERGEANTS, YOU GET THE *SIZZLE* OF SAUSAGE MEAT AND THE GENTLE, SEMI-PISSED CONVERSATIONAL BABBLE OF OLD ACQUAINTANCES. MUCH **NICER.**

THING IS, THERE ARE **BBQS** AND THEN THERE ARE **BBQS**. AND WE VERY MUCH WANT YOUR GRILL-OUT TO BE OF THE LATTER VARIETY. THE **AWESOME** KIND. THE KIND THAT GO DOWN IN CULINARY HISTORY. THE KIND THAT PEOPLE DON'T MENTION WITHOUT BREAKING INTO A NOSTALGIC **SWEAT**, COMPLETE WITH TEARS FORMING IN THE CORNERS OF EYES. FOLLOW THIS ADVICE AND YOU'LL ACHIEVE ALL THIS AND MORE...

Photography: James Byrne, Marco Vittur

BBQ YOUR LIFE BRILLIANT

NEVER MESS UP A STEAK EVER *(ever)* AGAIN

Forget rubs and marinades for the moment. That stuff's all for nothing if you don't know the basics of grilling up an immaculate, mouth-watering T-bone steak. Here are DJ BBQ's tips for getting your fleshy fundamentals down pat:

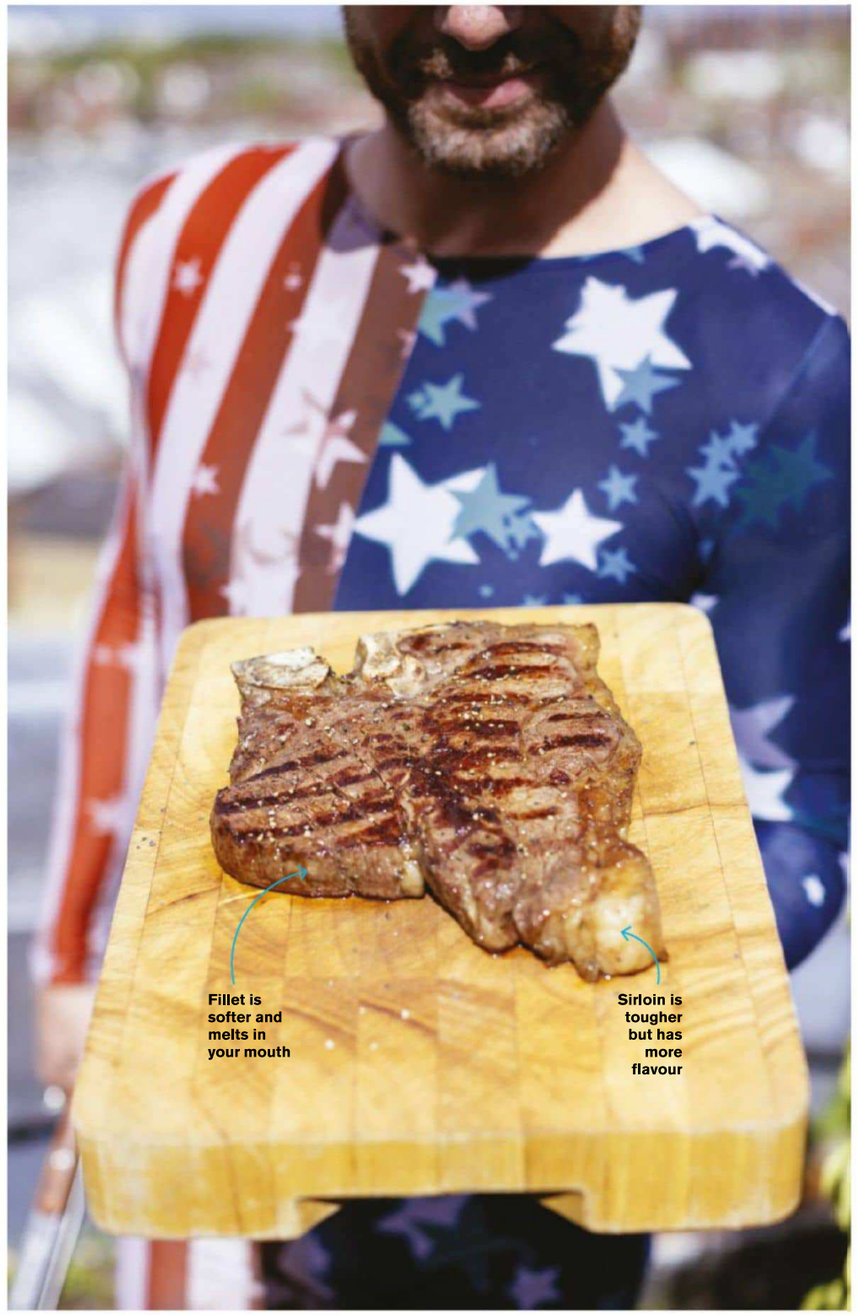
"Steak you want on a hot heat. Always. There's a sweet point on the charring. If you take it too far, the steak goes bitter.

"Hit it for about a minute, no more. Then flip it. That's how you get good searing.

"Coat it in herb butter made from unsalted butter and (not too much) thyme while it cooks. The creaminess of butter with the woodiness of thyme is incredible.

"Forget timers. Poke your steak to see when it's cooked. Unlike chicken and pork, the inside of steak is sterile. When you poke it, you don't want too much punchback, unless you want it well done.

"Once it's cooked, let the steak rest for five minutes. This allows the juices to go back into the muscle, preventing a dry steak. While it's resting, apply pepper. You don't want to apply pepper beforehand because a lot of black pepper goes acrid when you cook it."



GRANT CIDER A REPRIEVE

Cider? Who likes *cider*? Goths and murderers, that's who. Well, all that changes the moment you pop open a bottle of Älska cider and let its not-too-sweet but super-fresh-tasting contents touch your lips.

OPEN UP YOUR HEART TO QUALITY TOOLMANSHIP

Dig, if you will, a picture: it's an enchanted forest and you and your band of plucky adventurers are about to ambush a brigade of heavily armoured Orcs. Do you equip yourself with marshmallow helmets and spears fashioned from marzipan? No! You grab the most reliable armaments you can find. A barbecue is no different. So get yourself some of *these*.

BBQ YOUR LIFE BRILLIANT

THE WRONG TONG

There are few sights less becoming than a man with an inappropriate set of tongs. *Grotesque* is what it is.

Don't know what's what? Here's one piece of advice you can take to the tong bank right now: **GO LONG**.

Longer means more leverage and less chance you'll incinerate your cardigan while you lean across the grill. Now, go get your tux on. We're taking you to the pictures.

FOUR PEOPLE YOU SHOULD NEVER INVITE TO A BBQ

The veggie teetotaler
Don't drink? Fine, whatever. Don't meat? Each to their own. But if you do *neither* then you have no place at a murder-flavoured liver-destruction party. We're all going to be over here, staggering around and swearing, covered head to toe in blood and grease, and you're going to be over there, tsk-ing at everyone through a grilled pepper. Booo to you.

Mr Man Vs Food
This greedy trough-pig views a barbecue as a competitive eating competition: you'll clock him goal-hanging around the barbie in his elasticated trackie bottoms, eyeing up every freshly cooked item and patting his pork-warped belly as he blurps, "Seriously, I couldn't – although, maybe just a couple of those wings, eh?" He'll cost you a small fortune in Taste The Difference burgers alone.

Bear Oliver
This shitbird thinks he's the lovechild of Bear Grylls and Jamie Oliver, despite the fact he couldn't get his tent up at V festival last year and can't even do scrambled eggs. Nevertheless, he chuckles wryly at your attempts to get the coals glowing; he tut-tut-tuts nervously as you rearrange your grill; he sighs derisively as you turn your steaks over; he falls to the floor screaming as you jam your tongs into his dickhead eyes.

Any child under eight years old
"Don't like burgers!" "Can I have a go doing cooking?" "Onions are yacky!" "Waaah!" "I dropped my lolly!" "I burned my hand on the hot!" "Don't like sausages!" "Waaaaah!" "I dropped my lolly again!" "Can I have McNuggets?" "Pickles are yacky!" "Waaaaaaaah!" "I burned myself again!" Piss off, mate. Just fuck the piss off.

ZING YOUR THING

"My grandfather used to put salt on *everything*," says DJ BBQ. "Especially grapefruits and watermelon. This is special salt: we used dehydrated lime, mixed with chilli powder and sea salt."

SEASON UP

Dust your meat and veg in some of this...

- **Sprinkle some** Sous Chef Lime Fleur De Sel on tomatoes and you're in flavour town
- Sous Chef Cajun Spice Blend on a fishy dishy is just fintastic
- Santa Maria BBQ Grill & Mesquite smells like *True Detective*. Don't ask why, it just does

DON'T DRESS LIKE A DICK

Look at this apron. Probably better than the apron you were *gonna* wear, right? You know the one that has stains on stains on stains. The one that even the neighbourhood foxes are scared of. The one that makes your four-year-old nephew cry. Yeah, it's probably better than that one. *Meat Cuts apron*

DO NOT ABIDE INFERIOR MEAT

All the abso-bloody-lutely delicious meat you see on these shiny pages was supplied by badass butchers HG Walter. Check out their site, where you can order yourself a load of bespoke sausage. *hgwalter.com*

THE EMOTIONAL ROLLERCOASTER THAT IS BBQ
How your barbecue will probably – nay, definitely – go

3pm Unfettered optimism. This is going to be the best meal *ever*.

3.15pm Outrage! Steak has to marinate for 24 hours? What a ridiculous rate of osmosis.

7pm Midway booze lull sluggishness.

Midnight You are the Pork Prince of Meat Mountain. Chase the scavengers from your home.

BADASS TIKKA BREAM MACHINE

We want you to meditate not on the idea of a delicious grilled fish that tastes of curry. Stop meditating. This fish can be more than an idea. It can be a *real* thing. Think about that: the only thing stopping your from eating said fish is your inactive hands and arms. Let's get moving!

BBQ YOUR LIFE BRILLIANT

Ingredients:

- **Two whole sea bream**
- **Finely grated fresh root ginger**
- **Garlic cloves, finely grated or crushed**
- **Plain yoghurt**
- **Olive oil**
- **Turmeric**
- **Mild chilli powder**
- **Cumin seeds**
- **Fresh parsley**
- **Beer (for drinking)**

HG WALTER BUTCHERS ARE WINNERS OF THE SOUTH OF ENGLAND BUTCHER'S SHOP OF THE YEAR 2014, DELIVERS NATIONWIDE AND SELLS FREE-RANGE ORGANICALLY FED TRADITIONAL BREEDS OF MEAT, POULTRY AND GAME

Step one: Slash open the skin of the whole fish on each side with a sharp knife. Mix the ginger and garlic, season with salt, then rub it all over the fish.

Step two: Mix the yogurt with the oil, spices and seasoning. Coat the fish with it inside and out, then chill the damned thing until you're ready to cook.

Step three: Cook straight on the rack six to eight minutes on each side of the fish.

TYLER MADSEN

Photography by **Arthur St. John @arthurstjohn,** *HMUA* **Taylor Jazz Martinez**

Tell us about a bit about yourself?
I'm this sweet, innocent looking, fun loving girl. I do what I want. I was born in North Carolina and grew up all over the world. United States, France, Canada and China.

What was your initial reaction when you were chosen to shoot for FHM?
I was so excited. But quickly the excitement made me nervous. It's something I have always wanted to do. So, it felt unreal up until the shoot.

How do you prepare for a shoot?
Lots of rest and working out.

Describe your perfect man.
Strong but loving and understanding but is not a push over.

What is your ideal date?
Late evening wine and dine in the country of my choosing.

What do you do for fun?
I travel any chance I get. That is pure fun for me.

Tell us a bit about your most embarrassing moment.
A guy overheard me talking about how hot he was.

What would you say is the most difficult part about being a model?
Preparation and being in front of the camera so much.

What are you most looking forward to doing this year?
Positive change and financial growth in my life.

Lastly, what is your life motto? Or a quote that means a lot to you?
"Why Not"

SEX, BEDSHEETS AND BEERS: ARE YOU NORMAL?

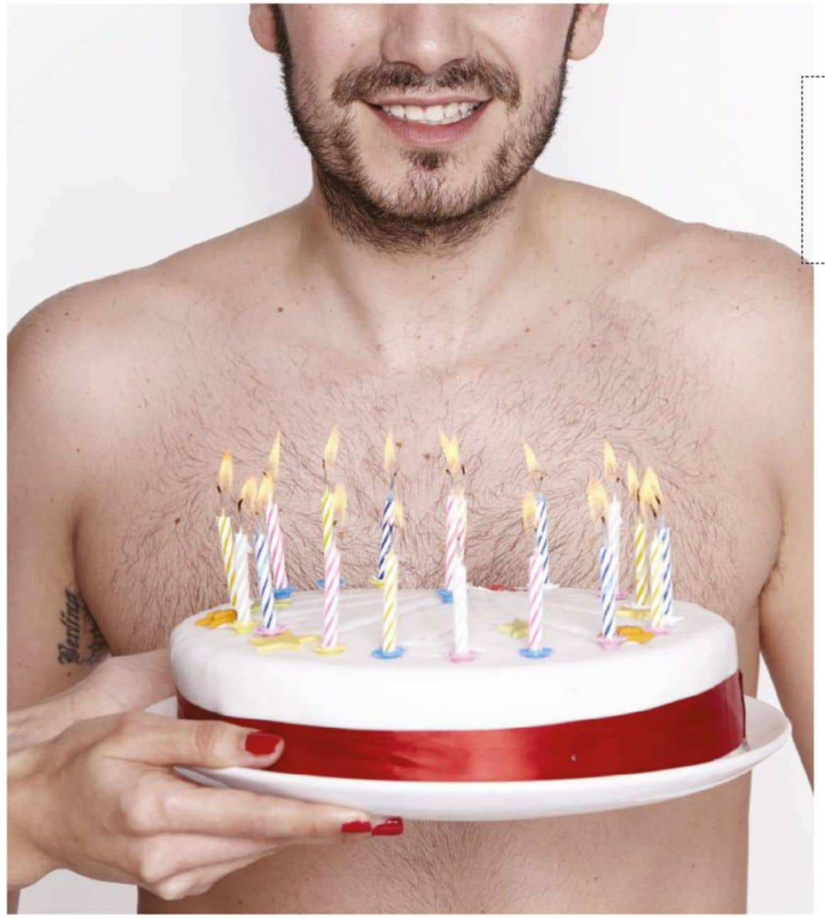
WORDS:
MATT BLAKE

PHOTOGRAPHY:
DIANA GOMEZ

You probably had a moment just like it. It was probably when you were at school. The realisation – usually pointed out by someone else – that something about you *wasn't normal*. Maybe it was the number of showers you took a day. Or the way you ate. Perhaps you didn't care about the same things as everyone else. Whatever it was, it made you feel different.

Hopefully, you'll have realised by now that there's nothing wrong with being different. In fact, here at *FHM*, we celebrate weirdness, individuality and the fact that some of us actually genuinely enjoy country music, thanks very much.

Having said that, it's a basic human desire to want to know everyone else's business. How often *do* your mates wash their sheets? Is MILF porn the norm? We asked 7,000 men a whole load of palm-clammingly personal questions to deduce what – in the topsy-turvy world of 2018 – counts as 'normal'.



33%

OF READERS LOST THEIR VIRGINITY AFTER THEIR 18TH BIRTHDAY

• The average age that people lose their virginity is apparently bang on 16 – but it's been getting younger and younger with every generation. The average age that men over 55 lost their virginity is between 19 and 20, whereas the current crop of 16-24 year olds popped their cherry aged 15.

WHEN DID YOUR FAVOURITE CELEBS BECOME MEN?

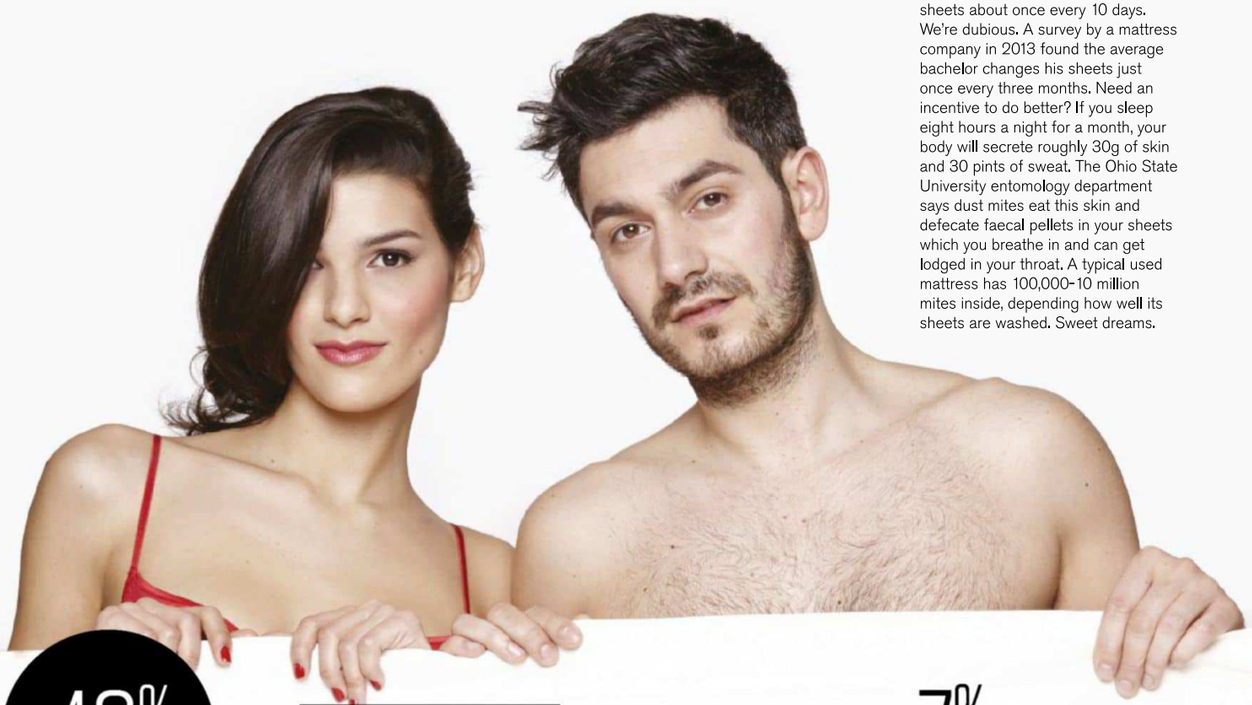
P. Diddy **13**
Johnny Depp **13**
Ozzy Osbourne **14**
Dustin Hoffman **15**
Matthew McConaughey **15**
Tiger Woods **16**
Daniel Radcliffe **16**
Will Ferrell **21**
Chris Martin **22**
Ian McKellen **22**
Gary Coleman **40**

76% OF YOU THINK IT IS THE SAME OR HARDER BEING A MAN TODAY THAN IN THE PAST »

48%

OF YOU CHANGE YOUR SHEETS LESS THAN ONCE A MONTH

• A recent YouGov poll found that the average man claims to wash his sheets about once every 10 days. We're dubious. A survey by a mattress company in 2013 found the average bachelor changes his sheets just once every three months. Need an incentive to do better? If you sleep eight hours a night for a month, your body will secrete roughly 30g of skin and 30 pints of sweat. The Ohio State University entomology department says dust mites eat this skin and defecate faecal pellets in your sheets which you breathe in and can get lodged in your throat. A typical used mattress has 100,000-10 million mites inside, depending how well its sheets are washed. Sweet dreams.



40%

OF YOU MASTURBATE ONCE A DAY

• You're alone. You've spent the night watching telly, sunk a bottle of wine, and your eye wanders down towards your hand. *Just you and me, old friend. Like always.*

Whether you're in a relationship or not, there isn't a scientist in the world that will tell you self-loving is not a normal reaction to boredom, singledom or a sleepy girlfriend. In fact, British psychologists at the Journal of Psychology & Human Sexuality found that young men masturbate on average 12 times a month. That's once every two-and-a-half days. They'll also tell you it's pretty much impossible to self-love too much. Too hard, yes – extreme cases have seen men fracture their weenies or rupture arteries – but too much, no. Researchers in Australia have even claimed regular masturbation can reduce the risk of prostate cancer.

7%

OF MEN CAN'T REMEMBER IF THEY'VE EVER LET ANYTHING INSIDE THEIR BUM DURING SEX

(At least that's what they're telling us.)

CAN YOU WANK TOO MUCH?

Bernd Leygraf is a consultant psycho-sexual therapist based in London

• "Masturbating is perfectly normal. It does not make you blind or give you hairy palms and is not addictive.

"I treat a lot of men for stress-related issues and one of the first questions I always ask is, 'Do you masturbate?' The answer is overwhelmingly 'yes'. Masturbation is one of mankind's basic tools to self-soothe – a fundamental ability that humans have to survive life. It relieves stress, calms, and creates pleasure.

"It is not possible to wank too much. It only becomes a problem when it's your only tool to deal with anxiety. It's important to have other stress relievers in your life, such as exercise or sex. There is another issue: a lot of men feel guilty or ashamed about it. The classic scenario is when a woman finds porn on her partner's computer and feels he's cheated. But I'd suggest that the relationship may be rather fragile. And of course, women masturbate too…

"However, masturbation should never be a complete replacement for sex with a partner. If, in a relationship, wanking goes up as sex goes down, I'd say there's a conflict in the relationship that needs to be addressed. If you are in a relationship, remember: wanking does not have to be a lone pursuit."

gettingbetter.org.uk

HERE'S WHAT YOU THOUGHT YOUR ERECT PENISES WERE ROUGHLY EQUIVALENT TO:

1.93% Stick of lip balm
10.61% Nokia 3210
64.81% Standard sausage (before cooking)
20.70% Relay race baton
1.95% Sainsbury's baguettine

• Am I big enough? What is big enough? It's been the throbbing question on every man's mind since our club-carrying ancestors first painted massive Johnsons on cave walls in the dark. Recently, the *British Journal of Urology* finally cast light on man's oldest insecurity. They laboriously measured 15,521 penises – both hard and soft – in a bid to "reassure the large majority of men that the size of their penis is in the normal range." The answer? 5.16 inches erect, and 3.6 inches flaccid. There, now you know – we'll leave the maths to you.

22%

OF MEN DON'T ACTUALLY KNOW IF THEY'RE IN LOVE

• If you are one of the confused, you are not alone. "What is love?" was the most Googled query in 2012, according the search engine. Last year it came third, beaten only by Ebola and the muscle-wasting disease ALS.

WHAT'S IT LIKE TO BE REALLY, REALLY, REALLY, REALLY WELL HUNG?

Jonah Falcon, 47, from New York, owns the world's largest penis. It is 9.5 inches (24cm) flaccid and 13.5 inches (34cm) when erect

• "I first realised my penis was above average size when I measured myself at the age of 10. I was 8in hard and didn't think anything of it to be quite honest. My schoolmates were, of course, amazed the first time they saw it in the changing rooms.

"Are there downsides to having a big penis? Well, sometimes it will dip into the toilet water, which can be problematic in certain cases.

"Sex in general isn't really a problem, though oral sex can be challenging. I'm thicker than my wrist and some scrape teeth on it. I seldom get fully erect when someone is blowing me because of this. I'll get bigger if they're super enthusiastic.

"I have had to reassure men about the size of their penises at times. But I am of the 'how you use it' camp, and I know how to use the sheer size to do certain things other guys may not be able to.

"My own opinion has been that psychology plays more of a part with penis size during sex than anything else. The conceptualisation of something more than twice normal stretching them wide is more arousing than the actual penetration; it's basically mental foreplay during intercourse, enhancing the actual physical stimulation. Women who prefer small penises probably use that same mental stimulation of a discreet member entering them.

"Women tend to get excited over penises that react favourably in their presence. People like to feel like they turn the other person on, and vice versa. They don't need the 'small penises are exciting, too!' spiel. All penises are exciting, regardless of size." »

32%

OF MEN HATE THEIR JOB

• You're still doing the spreadsheet your boss asked you to write five days ago. It doesn't take five days to do a spreadsheet. You know this, your boss knows this. Nobody even wants the spreadsheet you're pretending to make. Work wasn't supposed to be like this… and you hate it. But you're not the only one. A report published last yearby Gallup, the Washington, DC-based polling organisation, found that only 13% of workers across 189 countries felt engaged by their jobs. If you're not one of them, it's time for a change. Just don't go out and buy a pub (see list).

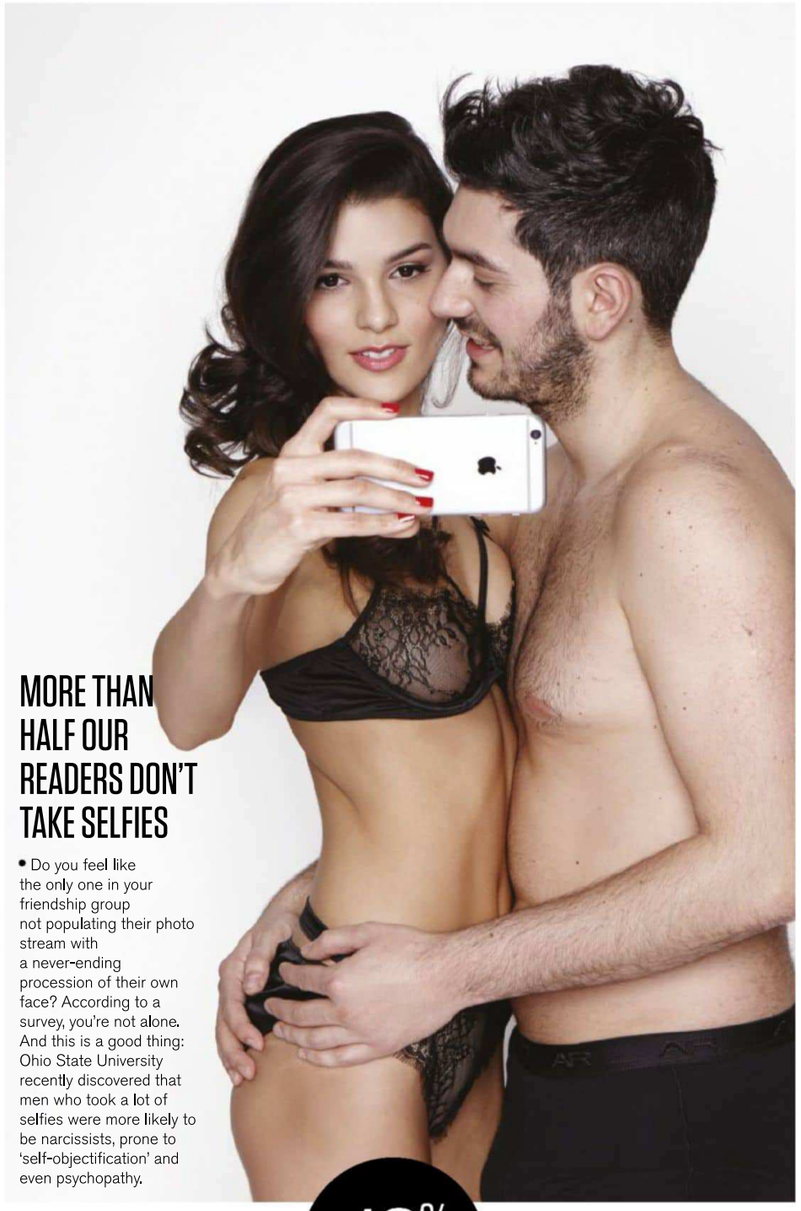
TOP FIVE HAPPIEST JOBS

- Clergy
- Chief executive/senior official
- Agriculture/horticulture proprietor
- Company secretary
- Quality assurance

TOP FIVE UNHAPPIEST JOBS

- Publican
- Elementary construction
- Debt/rent collector
- Industrial cleaner
- Floorer/wall tiler

Source: Cabinet Office, which ranked 274 professions in order of job satisfaction



MORE THAN HALF OUR READERS DON'T TAKE SELFIES

• Do you feel like the only one in your friendship group not populating their photo stream with a never-ending procession of their own face? According to a survey, you're not alone. And this is a good thing: Ohio State University recently discovered that men who took a lot of selfies were more likely to be narcissists, prone to 'self-objectification' and even psychopathy.

40%

OF MEN DRINK MORE THAN 4 PINTS A WEEK

• Who doesn't like to blow the froth off a few pints of a weekend? Joy vacuums, that's who. But here's a sobering fact: the average person drinks 1,337 units of alcohol, or about 445 pints of beer a year. That's eight and a half pints a week, according to the World Health Organisation.

36%

OF YOU DO A LOT OF EXERCISE

• Are you more sofa than man? Do your arteries resemble Pizza Hut stuffed crusts? Get your arse in gear and work up a sweat (the vast majority of our readers do some kind of exercise on a semi-regular basis). Get out. Jog to the pub. Jog back. Have sex, which, according to research by American science journal PlusOne, burns 4.2 calories a minute for men (3.1cpm for women). Benenden's Healthcare National Health Report 2014 found the average man does 73 minutes of cardio per week. That's 77 minutes less than the NHS recommends, but it's better than raising a pint to your beer hole.

46%

OF YOU HAVE SLEPT WITH FIVE PEOPLE OR LESS

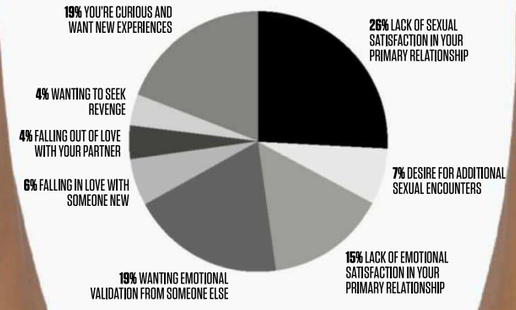
• The average guy sleeps with nine people in his lifetime, which, according to a recent poll, is about right. There is a theory called The Rule of 10 – the idea that if someone's slept with too *few* people, they'll be perceived as a fumbling sexual novice but too *many* partners means they'll be morally bankrupt and possibly riddled with all sorts of diseases.

LESS THAN HALF OF READERS CAN CATEGORICALLY SAY "I'VE NEVER CHEATED ON A PARTNER"

For shame. For *shame*.

THE 8 REASONS PEOPLE CHEAT

Why we mess about like goddamn, no-good scrubs, according to a study by psychologist Julia Omarzu



Photography: Diana Gomez | Styling: Hayley Forrester-Lawrence | Hair and Make Up: Susanna Mota | Models: Nadia at Leni's and Domenico at MOT | Clothing: Lingerie by Maison Close from naughtyknickers.co.uk. Shoes from River Island island.com. Trousers, shoes and socks from Top Man, topman.com

31%

OF READERS SAY THEY ARE UNCOMFORTABLE BEING TOTALLY NAKED IN FRONT OF SOMEONE

• It's how Him Upstairs intended us to be, right? Still, research at the University of the West of England found in 2012 that 38% of men would sacrifice at least a year of their life in exchange for a perfect body while 63% said they were paranoid that their arms or chests weren't muscly enough. Another survey last year found a quarter of men aged between 20 and 30 are so self-conscious about being in the nip that they prefer to have sex with the lights turned off.

MORE THAN FOUR-FIFTHS OF YOU TRIM YOUR PRIVATES

Experts suggest that to maintain a ship-shape schlong, the average man should tend to his foliage every 12-14 days

WHY IT'S GOOD TO BE NUDE

Andrew Welch, 49, is commercial manager of British Naturism

"When I tell people I'm a naturist, they giggle. In the UK, more than any other Western European country, there is embarrassment about the body. We're bombarded with images that tell us what is beautiful but the truth is, we're all beautiful. You don't have to live in a box just because your abs aren't as chiselled as David Beckham's.

"And when it comes to the human body, there is no such thing as normal. We are all different. In a naturist environment you will see tall, short, fat and thin people, big breasts and small penises. Nobody's judging each other out and nobody's embarrassed.

"Nudity does not have to always imply sex. Even when we have our pounding discos at our events (something everyone should try!) there are lots of bits jiggling around and it's absolutely fantastic – not in a sexual way; a liberating one.

"Even the Queen and the Pope are naked under their clothes. It's how we're meant to be. So try it. And who knows? It may change your life." *bn.org.uk*

42%

MEN'S GREATEST FEAR IS NOT BEING ABLE TO ACHIEVE THEIR DREAMS

• Forget the black-clad bogeymen of ISIS and the fiscal minefield of being able to afford a house and a family – what really scares us men is not being able to tick a load of stuff off our bucket lists.

WHAT'S IT LIKE BEING ABLE TO ACHIEVE YOUR DREAMS?

In 2009, Ben Southall, then 34, from Petersfield, Hampshire, beat nearly 35,000 applicants to win a 'dream job' as caretaker of Hamilton Island on the Great Barrier Reef

• "Waking up every day looking across the Coral Sea from up high in my $3.5 million villa was an incredible pleasure and I'd often have to pinch myself to confirm it was for real. In six months I visited over 60 different islands, dived at over 100 locations on the Great Barrier Reef, flew helicopters and met Hollywood's glitterati on the red carpet in LA.

"But paradise has its downsides. In the final week of my job, I was stung by a tiny, deadly jellyfish called an Irukandji and spent the next eight hours in hospital on a cocktails of drugs while I vomited, sweated and writhed in pain.

"I think if you live the lifestyle you dream of, you're as close as you can get to true happiness. We have one chance on Planet Earth so using every opportunity that comes my way is an important part of it.

"Fulfilling your dreams is one way to achieve happiness but it should exist inside you long before you strive to make them happen. Succeeding with my day-to-day goal of being happy with friends and family gives me FHM strength and confidence to go out into the world ready to take on the bigger challenges and accomplish my dreams in life."

Follow Ben's Best Life in the World expedition – an overland journey from Singapore to London – bestlifeintheworld.com

CHILL OUT WITH A CORNISH BREWSKI

Something big and tasty is brewing down south…

"It's 5 o'clock somewhere", is a mantra that's always helped the nation leave work a little earlier on a Friday to head to their local watering hole for a much-needed pint. It's an excuse that doesn't always fly with your boss but when it does, your minor victory against 'the man' makes that nectar taste all the sweeter.

Cornwall, the southern-most county in England, is a land where that chilled-out attitude is 24/7. If the surf's up, you're late for work. If the farmer's cows are in the road, you're working from home. If a Cornishman tells you he'll "be with you dreckly, me 'ansum", he means he'll be with you when he's damn well ready, you good-looking gent.

This mellow attitude is the reason why so many amazing craft beers are coming out of the south west. No rushing, no stressing: it's the formula for a bloody great pint.

Don't believe us? Get your lips around one of these five bottles…

[01]
Black Flag Brewery
As raw as the '70s punk band with the same name, this is an unpasteurized, mouth-watering taste bomb that packs a punch.
blackflagbrewery.com

[02]
Padstow Brewing Co
We visited this family-run brewery and left with three boxes of beer. Their 6.8% Sundowners pale ale is a beer we could happily live off.
padstowbrewing.co.uk

[03]
Firebrand Brewing Co
Just a year old, Firebrand has already nudged its way into the best drinking holes in London with its near-perfect US-inspired Graffiti IPA.
firebrandbrewing.co.uk

[04]
Rebel Brewing Co
This brewery can boast a CAMRA Champion Beer of Cornwall award-winner in its offerings. Quaff this IPA with a slab of Cornish cheese.
rebelbrewing.co.uk

[05]
Harbour Brewing
We gave a silver award to this one (made by two surfing pals) in our Craft Beer Awards, reinforcing it as one of our all-time best finds.
harbourbrewing.com

Charlee CARLTON

Photography by **James Patrick @jpatrickphoto**, *Model* **@covergirlcharlee**
PR **SGG Public Relations IG: @sggpublicrelations**

Charlee Carlton is an international print model and honor graduate student in a Health Informatics Master's program. She's an exotic mix of Indian, French, Irish, and Brazilian.

Charlee has been modeling for a few years now. She focuses more on glamour and fitness modeling but she's transitioning fashion and lifestyle in the near future to add variety to her work. She has shot for magazines in Australia, Europe, Canada, Austria, and the U.S.

When she's not busy writing papers she's planning her next trip. She travels throughout the year for photoshoots and always makes sure she has a little extra time to enjoy the scenery, food, and activities at each locale. She will be signing with an agency this summer and will start her acting career... commercials, series appearances, movies, etc.

Were you excited to shoot for FHM?
Most definitely! Shooting for FHM has been one of my major career goals as a model.

Tell us something surprising about you?
I am more intelligent than people expect. I am currently an honor student in graduate school for Health Informatics.

Describe yourself in one sentence.
I am an extremely driven individual with a sweet/laidback personality and a love for traveling.

What are some of your hobbies?
Hiking, traveling, and swimming.

What is your biggest turn on?
A great sense of humor, honesty, and pretty eyes. I am lucky enough to have that now.

What turns you off the most?
A man that lies and cheats.

Describe your perfect date.
A sushi date and then a good movie or a walk on the beach. I love a late night walk and gazing at the stars.

What would you consider to be your biggest challenge as a model so far?
The biggest challenge is brushing off rejection. Everyone who works in the entertainment industry experiences rejection at one point or another. You have to learn to brush it off and keep moving forward.

How do you prepare for a shoot?
I wake up and drink a latte to help wake me up then start on my makeup. I always do my own makeup but usually hire a hair stylist to style my hair. Also, I diet for a couple of weeks before the shoot and I don't eat anything on the day of the shoot.

Any last words you would like to share with the readers?
It is an honor to be the July cover model for FHM!

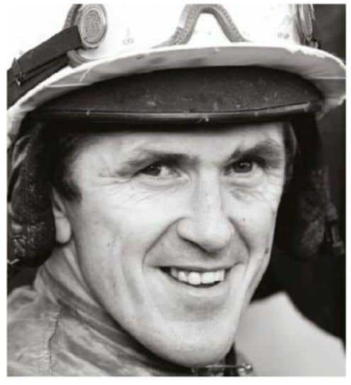
THE GUIDE TO THINKING LIKE A WORLD-CONQUERING, GOAL-SMASHING SUCCESS MAGNET

He's masterminded three election victories, been a trusted advisor to Tony Blair and is matey with some of the most successful people in the world. Alastair Campbell tells us, in his own words, what makes up the mindset of a natural-born winner

AS TOLD TO JOE MACKERTICH. PHOTOGRAPHY: ALAMY, GETTY, SHUTTERSTOCK, REX AND ADAM HINTTON

The two things I'm interested in are politics and sport. And if you look at them both, what unites them? Winning. I probably don't need to tell you I'm competitive about everything. This idea that it's not about the winning has always struck me as ludicrous. It *is* about the winning. If you don't win, you can't do anything.

There's a quote from athlete Haile Gebrselassie towards the end of my book, *Winners And How They Succeed*. He's been a winner in sport, a successful businessman and he's now going into politics, so if anyone knows about competing and achieving success it's him. He said: "If you can't win, what is the point?"

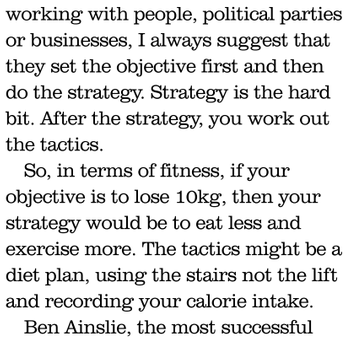


"You always get a buzz from winning. Winning is everything"

Record-breaking jockey and BBC Sports Personality of the Year, AP McCoy

Richard Branson told me, "There's no single recipe for success, but you can definitely see certain things that pop up again and again." Look at Tiger Woods and Usain Bolt – both very different, both incredible winners. You look at Bolt, and think, this guy is chilled, this guy is relaxed. Woods, on the other hand, is totally focused and doesn't let anybody inside his space. You can spot the differences, but look at the similarities: both of them hate losing. These days I'm more sure than ever that there are certain principles that anyone who wants to win needs to know if they want to lead in their own environment.

STRATEGY



"Too many coaches teach technique when they should be teaching strategy"

Nine-time Wimbledon champion, Martina Navratilova

I've got this big thing about strategy. In my book I say that "strategy is God". You can have all the talent in the world, but without a strategy that everyone from the top of the organisation to the bottom understands, your ambition will not be fulfilled. Whenever I'm working with people, political parties or businesses, I always suggest that they set the objective first and then do the strategy. Strategy is the hard bit. After the strategy, you work out the tactics.

So, in terms of fitness, if your objective is to lose 10kg, then your strategy would be to eat less and exercise more. The tactics might be a diet plan, using the stairs not the lift and recording your calorie intake.

Ben Ainslie, the most successful sailor in Olympic history, said to me that strategy to him was about working out what the current is going to do, what the wind is going to do, what your opponents are like, working all of that out ahead of time. Then, because you get out there and things might not go according to plan, you will have to adapt. To him, tactics is adaptation.

I spoke to José Mourinho about the difference between strategy and tactics. He said, "In my world there is no big difference between the two." He said that for every game he builds a unique tactical model. Essentially that is his strategy. His strategy is always having tactical supremacy. He then said he only considers employing a 'strategy' if his original model isn't working because the other team is doing better, or his team isn't performing as he wants it to. Strategy, to him, is what you do if the tactics don't work.

"If you keep changing your strategy it means you don't have one"

Genius chess player and political agitator, Garry Kasparov

Garry Kasparov, a chess world champion at the age of 21, believes whole heartedly in adhering to a set strategy. He told me: "In chess, if you play without long-term goals your decisions will be purely reactive and you'll be playing your opponent's game, not your own."

He also said: "Chess is an attempt to paint a masterpiece while someone tugs at your sleeve", which I think might be one of the best things I have ever heard.

»

- LEADERSHIP -

"You have to know when to go over the top to get a reaction and when to be calm"

All-conquering Manchester United boss Sir Alex Ferguson

Anna Wintour, the editor-in-chief of US Vogue, was someone I wanted to talk to for the book, but I didn't really know why. It was just a notion. It turned out to be one of the best interviews of the lot. She's a leader. She told me: "Ideas are a dime a dozen; leadership is how you execute them." She said she wouldn't know how to organise a fashion shoot, wouldn't know how to design a piece of clothing, she can't do any of that stuff. But it doesn't matter because what she can do is get people together. "I am always responding to other people's talents. I am not the talent". she said.

Bill Gates, too, has mentioned that all the best business decisions he ever made as a leader had nothing to do with technology, programming or finance. It was to do with picking the right people to work with.

I also think values are fundamental to being a good leader. Your values are what give you a compass. When the shit does start flying, your values are the rock you cling to.

Arsène Wenger said, "I would say a person who is a good leader is a person who has ideas and a vision of the world. To have a vision of the world, you have to have a philosophy of the world and values that are important for you".

"If leaders do not stay focused... everyone else wanders off pretty quickly"

Ultra-charismatic, absurdly-popular US president, Bill Clinton

The opposite is true of someone like Rupert Murdoch, the executive chairman of News Corp. I do a thing at dinners where I ask people if they think Richard Branson has a good reputation or a bad one. They say good. Bill Gates? Good. But Murdoch? Bad. Think about that – he owns more print and airspace than anybody, but he's lost control of his reputation. You contrast that with leaders who focus not just on what they're doing, but also on their long-term reputation. I spoke to a guy called Joe Torre, a baseball legend both as a player and a coach. He's all about values. He had a difficult childhood – his dad used to beat up his mom. He now runs safe houses for abused kids. With regard to leading his players, he said, "You have to earn their trust. You cannot take it for granted. If you earn their trust, you'll get their commitment."

Billionaire investor Warren Buffett is often seen as a leader with good values. He said, "You will have the habits 20 years from now that you put into practice today. So look at the behaviour you admire in others and make those your habits, and look at what you find reprehensible in others and decide those are the things you are not going to do."

- MINDSET -

"We think in pictures way more than we think in words"

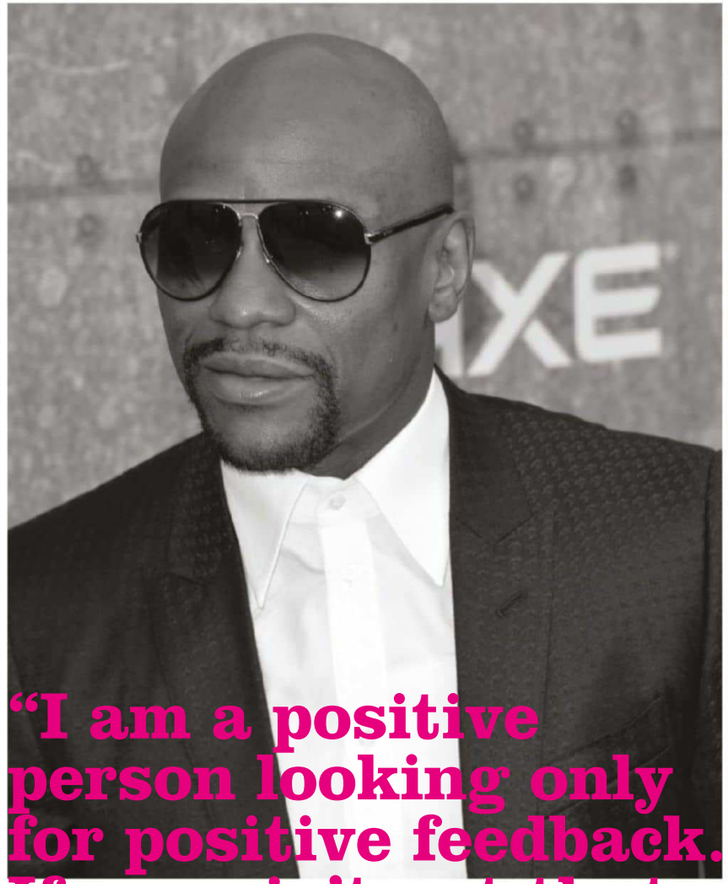
Legendary British golfer, Nick Faldo

Once, at a charity football match at Old Trafford, Diego Maradona told me that part of the preparation for winning is the visualisation of winning (by the way, one of my life rules is to mention that I played with Maradona to someone every day). Visualisation's not just simply 'seeing yourself win'. It's seeing yourself overcome the specific challenges and obstacles that stand in your way of winning.

Andy McCann is a really successful sports psychologist. He told me, "Visualising can have a powerful effect… the brain can't really distinguish between a visualised experience and an actual experience".

Andy works with Welsh rugby union player Leigh Halfpenny. On the morning of big games, he literally practises kicking, without a ball, in the hotel room. He goes through the exact same motions that he would for a real kick – almost an entire minute of mental preparation, stepping, breathing. In his head, it is for real. They don't talk about his technique – just what's going on in his mind.

Richard Branson told me that Virgin Airlines was entirely based on an image: "I visualised how good a flight could be, and I could feel how successful an airline dedicated to that kind of flying could be."



"I am a positive person looking only for positive feedback. If you ain't got that, you can't be around me"

Undefeated, multi-millionaire boxer Floyd Mayweather

Floyd Mayweather is someone who's taken the 'winning mindset' to the next level. He's one of the highest-paid athletes in history and, unlike every sportsperson I've interviewed, has never known what it's like to lose. He's never lost a professional fight. He told me he never even contemplates the idea of losing. Everybody else talks about the fear of defeat being a bigger drive than the love of winning. Not him.

I experienced the power of visualisation myself when Tony Blair asked me to work for him in 1994. All my friends were against it. My parents were against it. So I took a long time to think it over. But three images kept popping into my head. In the first, I was still a journalist, in the press pen, and John Major was walking back into Number 10. In the second, I'm still a journalist but it's Tony Blair walking in and I'm thinking, "I could have been part of that". In the third, Tony's walking in and I was walking behind him. That helped me make my mind up.

»

INNOVATION & BOLDNESS

"It's only by being bold that you get anywhere"

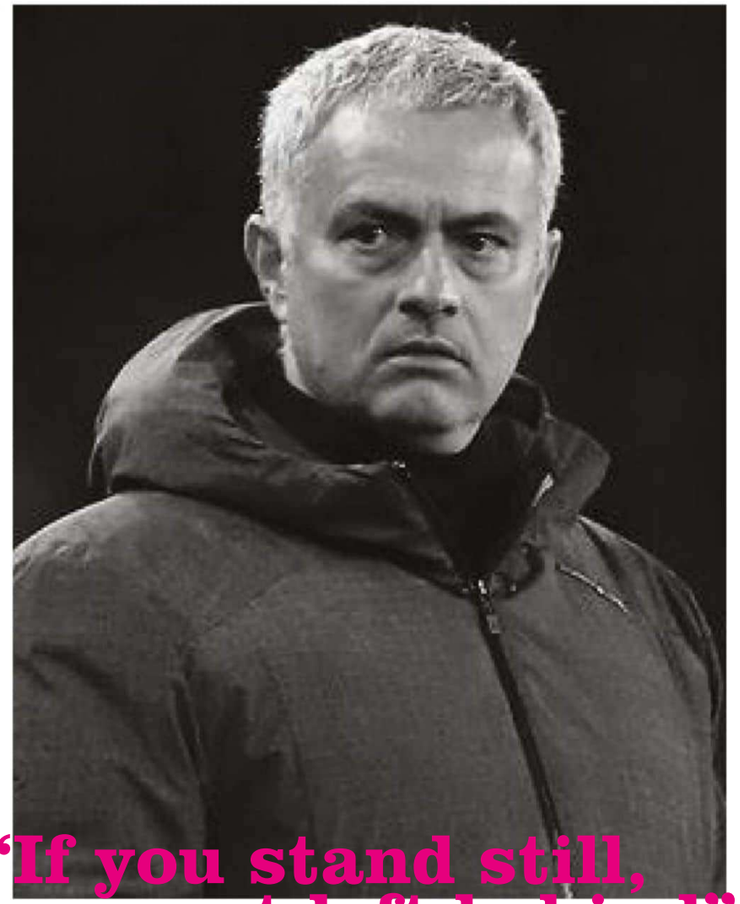
Virgin boss and entrepreneur Sir Richard Branson

People usually think innovations have to be these enormous game-changers. But most innovations – great innovations – are tiny. They make you wonder, "Why didn't I ever think about that before?".

The main type of innovation people don't usually appreciate is the type when you're focusing on improving your own performances, exploiting your own weaknesses.

Dave Brailsford, the coach who's helped British cycling reach previously unthinkable heights, innovated the idea of 'marginal gains'. He told me, "Marginal gains means looking at all the things we do and never assuming we couldn't do them better". That's probably also why Dave gets criticised by his staff for never celebrating after a win.

Ariana Huffington, who founded the first 'internet newspaper' The Huffington Post, put it this way: "Innovation is understanding that you are always a work in progress. It is about disrupting your own operations and looking at how they can improve".



"If you stand still, you get left behind"

Multiple-title winning football manager José Mourinho

She's right – part of innovation is about addressing your own weaknesses. Working in politics, I used to have what I called Reverse Pro Zone. We'd sit down every week and ask ourselves the question: if we were the opposition – the Tories – looking at us, and they knew about us what we knew, how would we exploit those weaknesses? That doesn't come naturally to most people or organisations because we usually want to focus only on the things that are going well for us.

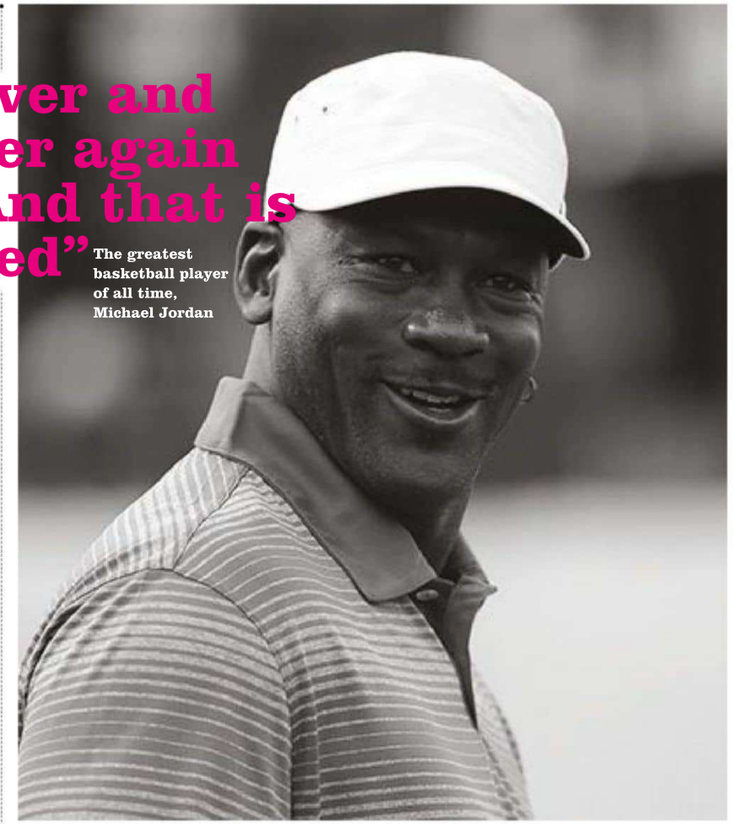
Barack Obama – or at least his staff – will always be known as an innovator. David Axelrod, the President's campaign manager, said: "The thing about conventional wisdom is that it's almost always wrong". That's why, when Obama was running for president, he had no problem being the only candidate that wanted digital campaigning to be an intrinsic part of what he was doing. His opponent for the Democratic nomination, Hillary Clinton, on the other hand, "had a traditional structure, with digital 'sort of over there somewhere'".

Who knows whether Obama was a particularly digital person himself. Tony Blair didn't even have a mobile phone until he left office (and my computer skills were non-existent before I left Downing Street).

RESILIENCE & CRISIS MANAGEMENT

"I've failed over and over and over again in my life. And that is why I succeed"

The greatest basketball player of all time, Michael Jordan



Looking back at my time in politics, the first thing I learned is that a crisis is usually not a crisis. It's a problem. The tipping point is when the problem reaches that moment where it needs your total focus, and if you don't make the right decisions you're going to be blown away.

Once you are into a crisis, it doesn't matter whose fault it is. You have to say, "I'm taking responsibility, I'm going to sort it out and here's how."

"Even if you aren't sure of yourself, pretend that you are. It makes it clearer for everyone else"

Powerhouse editor of Vogue magazine Anna Wintour

The launch of Heathrow Airport's Terminal 5 is a great case in point. The whole thing was a fiasco, caused by one computer glitch. No one could find out what it was. No one knew whose fault it was. But Willie Walsh, the British Airways CEO at the time, came out and essentially said, "It doesn't matter whose fault it is. I'm taking responsibility. I'm going to sort it and here's how".

I reckon in my time in politics we had only five full-blown crises: the Iraq War, Kosovo, 9/11, foot and mouth disease and the fuel protests. I interviewed Bill Clinton about the Monica Lewinsky crisis. That could have overwhelmed him, but it just made him stronger. It goes back to what I was saying about strategy. He said, "My objective was survival, my strategy was to keep on doing my job, and my tactic was to make sure the American people knew I was doing my job. Focus on what you're meant to be doing. Let everybody else talk about the other stuff".

Someone who represents an enduring British winner, who understands the benefits of resilience, is the Queen. And I say that as a lifelong republican.

Before Diana's death, the Royal Family were seen as a soap opera rather than an institution of value to the country. But they changed things. TV became important, then social media. Now you'll see photos of The Queen on Facebook, walking the corridors in a head-scarf. Everything around her has changed, but she remains the same.

As to the conclusions I've reached in speaking to so many winners in different fields: business has a lot to learn from elite sport; and politics could do with learning from both. FHM

7

SIGNS SHE'S TOTALLY INTO YOU

STARRING

STEPHANIE PRATT

MADE IN CHELSEA'S SUPER-HOT USA STAR GIVES US ALL A VALUABLE LESSON IN UNDERSTANDING THE FAIRER SEX… AND HOW TO PERFECT THE ART OF A KEG STAND

WORDS: CHRIS SAYER

PHOTOGRAPHY: ZOE McCONNELL

SIGNS SHE'S INTO YOU #2

THE 24-HOUR TEXTER

The first text you get from a girl is actually from about five girls. All her friends have helped put that message together.

"The fact she's messaging you shows you're worth the effort. Don't 'play it cool' by waiting to text back – that's for losers."

SIGNS SHE'S INTO YOU #3

THE BIG SPENDER

I'm pretty good at showering my boyfriend in gifts – I like to spoil a guy. If you wanted to buy me a gift, I love stuff I can wear.

"Be it jewellery, a handbag or shoes, I'll put it on and I'll feel close to you. I'm cool with an old t-shirt too. My closet is filled with my boyfriend's hoodies."

»

#4

SIGNS SHE'S INTO YOU

THE DOORSTEP CHEERLEADER

"She is totally into you if she turns up at your front door in a sexy outfit just to please you.

"I mean, it's a ridiculous thing to do, but it means she knows what you like."

SIGNS SHE'S INTO YOU #5

THE FAKE SPORTS FAN

"Yes, this is a classic. We do not care about your sports team. I remember going to a Chelsea game recently and trying my hardest not to get my phone out and play on it, and to seem interested the whole time.

"It's a real strategy, and takes a lot of effort. You should appreciate it more."

PHOTOGRAPHY: ZOE MCCONNELL. STYLING: MICHELLE KELLY AT CAROL HAYES. HAIR AND MAKE-UP: SUSANNA MOTOLA USING PRO MAC AND BUMBLE AND BUMBLE. CLOTHING: BLAZER, VEST, BIKINI BOTTOMS, TOP SHOP, TOPSHOP.COM. BIKINI BOTTOMS, LIZ HURLEY BEACH, ELIZABETHHURLEY.COM. BLAZER, VERY, VERY.CO.UK. BRA, INTIMISSIMI, INTIMISSIMI.COM. SKIRT, CROP TOP, AMERICAN APPAREL, AMERICANAPPAREL.NET. SOCKS, PRINGLE, PRINGLESCOTLAND.COM. JACKET, T-SHIRT, SWEAT SHIRT, MAJESTIC, MAJESTICATHLETIC.COM

SIGNS SHE'S INTO YOU
#6
THE MORNING SMILER
"If she's pleased to see you in the morning after the night before, then high five yourself, and make her a tea quickly.
"One thing that a guy can do to piss me off when I've woken up? Be grumpy. I don't care about bad breath, but if you're in a bad mood, you'll put me in an even worse mood and you don't want that."

SIGNS SHE'S INTO YOU #7

THE WELCOME HOME CELEBRATER

"If you've been away, I'll cook your favourite dinner while wearing my favourite lingerie to show you what you've missed.

"**Then after dinner, well –** let's just call it 'private time'."

ANGEL ALLISON

Photography by **Kenny Sweeney @KennySweeney411**, *Hair* **Chris Dylan @Chrisdylanhair**
Model **@MsAngelAllison**

Angel Allison is a California native. Living her best life in sunny SoCal. She travels as often as possible & lives as a free spirit.

Tell us something interesting about yourself people would not ordinarily know about you.
I am have been celibate for all of 2019

If you weren't a model, what would you be?
I work full time Sex Therapist, modeling is a fun side gig.

Who is your celeb crush?
Peter Dinklage, from Game of Thrones

What is the one thing about yourself that you wish more people knew?
I was the NRA World Shooting Ladies Champion.

What does your typical day look like?
I start with a coffee enema, move to a 16 minute kegel sesh, followed by a chakra alignment before heading into the world.

When you are not busy modelling, what is your favourite thing to do?
I enjoy fly fishing on Snake River in Idaho. Or Base jumping at Angel Falls in Venezuela.

Which three words best describe you?
Mercurial, elusive & gregarious

Were you excited to shoot this feature?
Surprised more than anything

Do you have anyone special in your life?
Tell us a bit more. My pet pygmy marmoset monkey, Stevie. He means the world to me.

Where to from here?
What are your plans for the future?
I'll be spending my Tuesday evenings polishing my collection of Yoni crystals and joining my Shaman for drum circles on Fridays

HIGH TIMES
HIGH TIMES

CHANEL

"I NEED YOUR CLOTHES, YOUR BOOTS AND YOUR MOTORCYCLE"

SCREAMING HARLEYS, DENIM, LEATHER AND SOME SERIOUS STYLE ICONS. THIS IS BIKER INSPIRATION WE CAN RIDE WITH...

Photography: **Glen Burrows**
Styling: **Daisy Deane**
Grooming: **Laura Dexter**
Bikes: **Harley Davidson**

We used a bunch of bikes from Harley Davidson's 'Custom King' competition – this one's from their Leed's store

THE TERMINATOR: ORION STUDIO, GALE ANNE HURD, JAMES CAMERON

JACKET, BARBOUR.COM
JUMPER, FRENCHCONNECTION.COM
JEANS,, BLUEINC.CO.UK
SHOES, OLIVERSWEENY.COM

A timeless classic like a waxed jacket is always on point. Pair with a thin grey knit for a comfy, kick-ass vibe

BIKE ICON

EWAN McGREGOR
This guy travelled from London to NYC on his motorbike with best buddy Charley Boorman. That's a pretty impressive 19,000-mile trip. Even for a Jedi.

JACKET, MONARCH-MILWAUKEE.COM
T-SHIRT, RIVERISLAND.COM
BIKE FROM SYCAMORE HARLEY SHOP
SUNGLASSES, RAY-BAN AT SUNGLASSES-SHOP.CO.UK

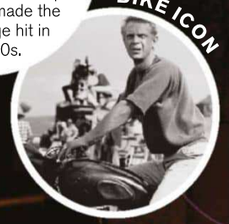
Invest in a flight jacket with a shearling collar, embroidered badges and a 'convict' orange lining if you feel like going full *Top Gun*

BIKE ICON

TOM CRUISE
Yes, Tom's done some weird stuff in his time. But he's also ridden off into the sunset on a Kawasaki GPZ900R, while *Take My Breath Away* played in the background.

STEVE McQUEEN
The King of Cool is an untouchable style titan. He even did is own stunts in *The Great Escape*. His affection for Triumph Scramblers made the brand a huge hit in the 1960s.

BIKE ICON



JUMPER, SUPERDRY.COM
CHINOS, TOPMAN.COM
SHOES, DUNELONDON.COM
BIKE FROM THE CHELTENHAM H-D BIKE SHED

Smart garms work on motorcycles, too. Just make sure your chinos have some give and you've worn in your brogues

style

DAVID BECKHAM
He's the face of biker clothing brand Belstaff, owns a load of vintage cycles and is occasionally photographed falling off them on to his arse. Ace.

Throw on a lumberjack shirt with indigo jeans and Red Wings and you've got yourself a hipster-approved Sunday beer garden look

SHIRT, DICKIES AT ASOS.COM
JEANS, LEVI.COM
SUNGLASSES, RAY-BAN AT SUNGLASSES-SHOP.CO.UK
SHOES, REDWING AT OFFICE.COM
BIKE FROM MAIDSTONE HARLEY DAVIDSON CHAIN

Camo cargo pants are a style statement worth making. Wear with plain black boots for a less in-your-face look.

BIKE ICON

RYAN GOSLING
The absolutely stunning Eva Mendes fell for the Gozzer after watching him pootle around on two wheels on the set of *A Place Beyond The Pines*.

T-SHIRT, TOPMAN.COM
TROUSERS, A BATHING APE AT SELFRIDGES.COM
SHOES, DRMARTENS.COM
BIKE FROM THE EDINBURGH HARLEY EMPORIUM

Who doesn't look good in a quality lapelled leather biker jacket? Maybe your aunt. But apart from that, no-one. Wear one over a polo shirt, smart suit trousers and Chelsea boots and you can rock this look in the office too.

JACKET, LEWISLEATHERS.COM
POLO, FARAH AT URBANOUTFITTERS.COM
TROUSERS, RIVERISLAND.COM
BIKE FROM THE LAKESIDE HARLEY DAVIDSON BOUTIQUE

BIKE ICON

JAMES DEAN
The original, no-care-giving, heart-breaking rebel had a thing for motorbikes. He rode one from the age of 15 and lost a few teeth to the tarmac in his time.

FORD RANGER 2.0 TURBO XLT

DOUBLE-CAB 4X4 AUTO

R570 200

Driver
Lance Branquinho

Mindfulness activists tell us that a content life is being satisfied with what you have, instead of obsessing about what you don't.

Ford's enormously loyal South African bakkie customers now have a conflict of sorts to deal with regarding this. The new Ranger offers two versions of the same 2-litre turbocharged engine. One is cheaper than the other, by virtue of having only a single turbine boosting its performance, whilst the dearer option features a bi-turbo configuration.

Run the numbers and there is a R108 000 cost for the 19% difference in power. Could you be happy knowing that you don't have the bi-turbo hauling you along? Would you really miss those 25kW?

I spent a week driving the single-turbo XLT Ranger and the lasting impression was not its engine, but rather the gearbox which determined how fast or efficiently this bakkie was moving along.

Both the single- and bi-turbo Ranger 2-litre engines benefit from a massive spread of gearing provided by Ford's ten-speed automatic gearbox. It is probably the most sophisticated double-cab bakkie gearbox now available in South Africa and it makes you miss that additional turbocharger a lot less.

The Ranger XLT never felt lethargic compared to its more powerful bi-turbo sibling. You are aware that the ten-speed gearbox is constantly evaluating gradient and your intended desire for acceleration – it shifts a lot more than owners of six-speed double-cabs would be accustomed to.

Overtaking acceleration in the Ranger XLT messes with your expectations a bit too. You often notice a display indicating that you are in seventh, when requiring kick-down acceleration to pass slower highway traffic. Most other bakkies would be in fourth by comparison. What amazes most is that all downshifts are urgent but never unsynchronised or mechanically clumsy.

Yes, the 2-litre bi-turbo Ranger is a potent thing. But I can't really see it being R100k more useful than the single-turbo XLT double-cab as an everyday family vehicle – for either work or play. In a massively diverse product matrix such as new Ranger, the best value is usually found a tier or two below the halo product.

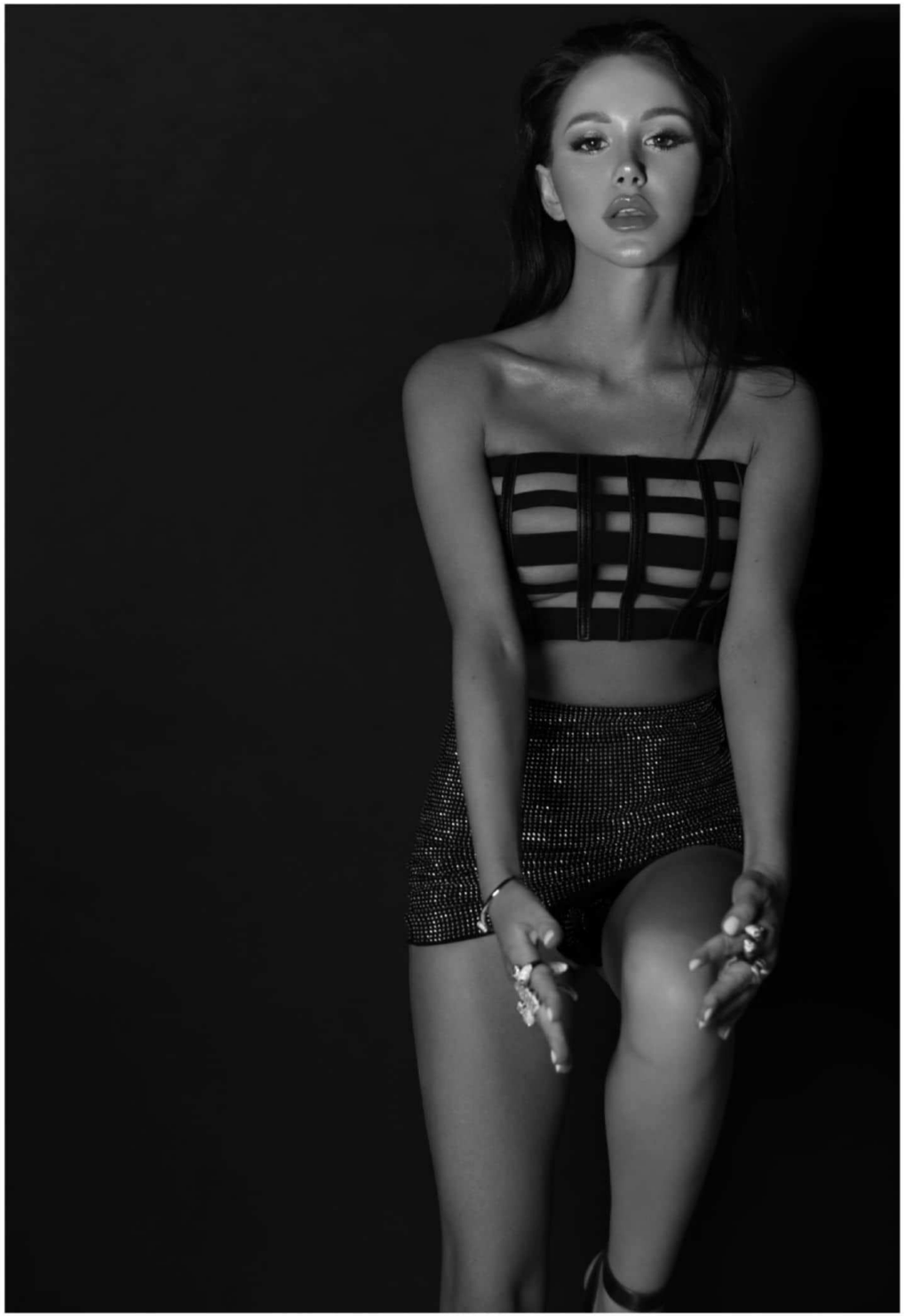
SPECIFICATION
1996cc, 4cyl, 4WD, 132kW, 420Nm
7.8l/100km
2044kg

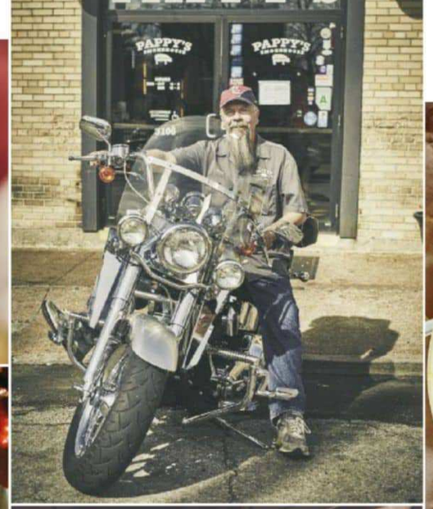
Anastasia RAFALOVSKAYA

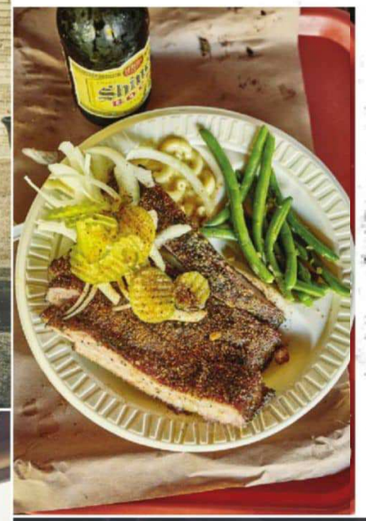
Photography by **Lilia Kozlova**

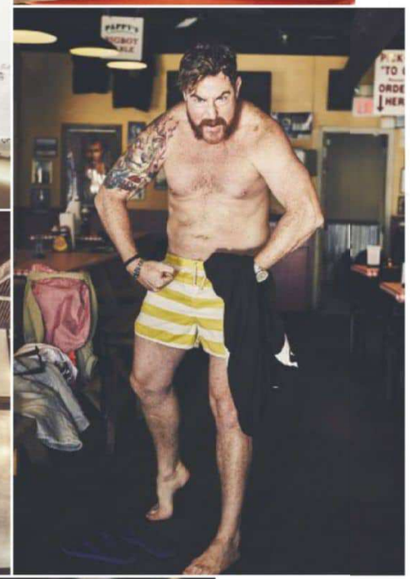
Anastasia Rafalovskaya – is a TV presenter, chief editor of Ballare magazine, model.
Anastasia leads a healthy lifestyle, she is actively involved in sports and maintains a healthy lifestyle through proper nutrition.

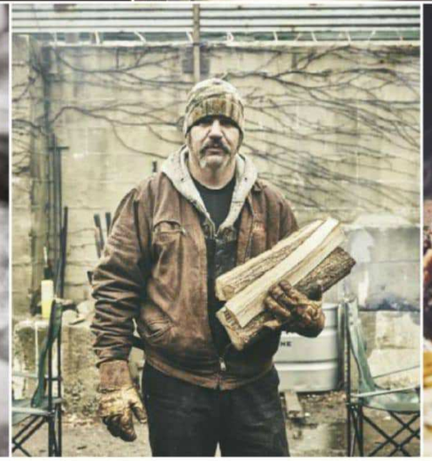
Since 2016, she has been the ideological inspirer and leader of the independent glamorous publication Ballare. The main focus of the publication is the success stories of young professionals, a lively look at fashion and art.
Anastasia herself is inspired by people of action - by courageous creative people, such as herself, who do not see any barriers in front of themselves.
Her future plans, the launch of a new exclusive project, the details of which she is still keeping a secret.











MEAT MAD ROAD TRIP

THROUGH THE

Glorious heart

OF THE

AMERICAN SOUTH

FHM HITCHES A RIDE WITH A BUNCH OF BARBECUE BADASSES ON A HEART-CLOGGING TOUR FOR THE AGES

WORDS: JOE MACKERTICH **PHOTOGRAPHY:** JAMES BROWN

"Where are you guys going tonight? Where's good? You heading out for a few drinks?"

Clint the chef is quite drunk. It's late, dark, and we're stood with him at a totally lightless junction somewhere on the outskirts of Kansas City. The three men who he's just questioned – the only other people on the deserted road – cross over to our side to get a better look at the large man yelling at them.

"No sir," says one of them, adjusting his tie. "We don't drink. We belong to the Church of the Latter Day Saints. You might also know us as Mormons." And then, after a pause. "Uh… who are you?" It's a fair question.

"Well," says Clint. "We're from Britain. And we've come to eat your barbecue."

Clint's right. We are from Britain, and we *are* there to eat their barbecue. All of it. We are the Mongol Horde, sweeping across the plains of an unconquered frontier, leaving devoured cattle, eviscerated swine and baffled service station attendants in our sauce-smeared wake. Or in more mundane terms: *FHM* has hopped on board the battle bus of a bunch of mates travelling through the southern states of the US in a bid to track down rad ribs and brilliant brisket. Scott Munro, James Douglas and Clint Britz are to barbecue what your teenage niece is to Harry Styles. Ultra fans. Slobbering meat groupies. To them, the act of taking a post-sack-sized slab of beef and cooking it perfectly in a smoker is an artistic feat, worth travelling across the world to see up close.

They do this, by the way, not solely in a bid to get obese and decrease their life expectancy by about a decade, but because they're pro meat pushers themselves. The three of them own Red's True Barbecue - a madly successful restaurant chain that started in Leeds, then made its way into Manchester and Nottingham. The lads have come to America to hone their craft and study at the greasy knees of the world's greatest pitmasters. And they'll do this by eating barbecue every day. For every meal.

"By the end of this," says someone, "you'll only want porridge and blueberries for a month."

It's eight in the morning, and *FHM* is stood, trying not to look suspicious, by ourselves on a shadeless St Louis street corner. We're waiting to meet the Red's guys for the first time. But there's no sign of them. BWWWWWAAAAAAARRRRRRR.

Petrol heads among you will recognise that noise. It's the sound of a 46-foot, 20 tonne, chrome-plated twin axle tour bus parping its horn. Trees shake and birds are sent scrambling into the sky as the shiny behemoth rounds the corner, looking for all the world like Robocop's penis on wheels. It's possibly the most conspicuous way you can roll into a sleepy suburb
short of carpet bombing it from an F-16.

The door flies open and a set of automated stairs descend onto the pavement to where we're stood. "Hi mate!" says the guy at the wheel, who looks like Chuck Norris cross-bred with all four members of sludge metal band Mastodon. "Get in!"

This is Scott. If all the three of the Red's guys have a specific role to play in the company, then Scott's might be the most fun. He's essentially the walking, singing, tattooed manifestation of the brand made flesh. Or as our photographer says (warmly) at one point: "He's like a baboon. On heat. That's pissed."

Once we're on the road we ask him what the road trip accomplishes. "Look," he says. "In the grand scheme of things, we're beginners at this. These people we meet in the south have been smoking meat in their families for hundreds of years. It's about history and tradition.

"Our accountant's balls shrivelled up when we mentioned going away on this trip," says James from one of the bus's leather sofas. "And yeah, it's going to cost about £65,000. But we're discovering stuff that's valuable to our business. The places we visit influence the look and feel of our restaurants, as well as what's on the menu."

Scott's point about family and tradition is driven home by a visit to home-slash-restaurant of Dave "Big Wing" Wingo. Situated in one of St Louis' dicier neighbourhoods, complete with dilapidated houses, rusted metal gates and vacant lots, Big Dave's ends wouldn't look out of place in *The Wire*. We make our way to his front door, aware of the fact we're being watched from what feels like every window and stoop. The house next door is boarded up, but kids' toys are visible on the wooden floor.

"Come in guys!" All trepidation ebbs away once we're inside. Dave's a big, friendly guy, quick to dish out bear hugs and brisket. "This neighbourhood is nice now," he says. "But it used to be pretty rough."

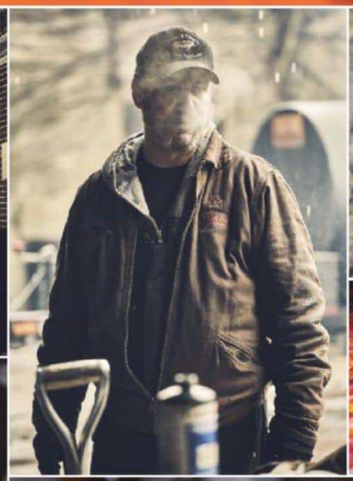
You gotta go here

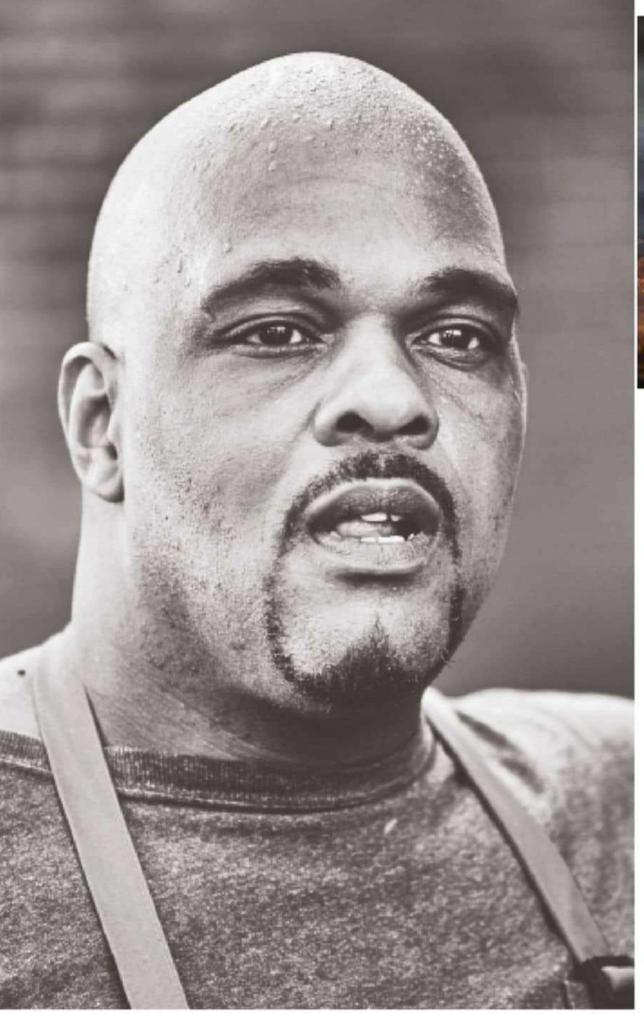
HOMETOWN BAR-B-QUE
Brooklyn, New York

The next three hours are spent in Dave's backyard. He's gone to a huge effort for us, laying on a spread of spare ribs, turkey wings, rib tips, 'corny pigs' (smoked corn with pineapple 'ears') and snoots – deep fried pig's snouts.

As the time goes by, more people turn up. Kids (who are polite to the point of paralysis), friends, curious neighbours, even Dave's extremely old mom, Miss Lily.

Hometown Bar-B-Que, still doing things the old-fashioned way





"Miss Lily heard you guys were comin'," he hollers as she appears, "so she's gone and put her favourite wig on."

The atmosphere is fantastic and it's clear that in this relatively poor corner of St Louis the taste of home-cooked barbecue helps bring communities together. It's a million miles away from the slick meat machine that is Scott, James and Clint's restaurant, but the guys are obviously moved by Dave's hospitality. At one point a minister who may or may not have been someone's uncle, says a prayer. Everyone bows their heads as he appeals to the Almighty to protect us on our journey.

"Amen," shouts Miss Lily. "That's right!"

The problems associated with motoring through the back of beyond in an enormous luxury vehicle are many. Stopping anywhere is a hassle ("I think I've taken up, like, 15 parking metres," says Clint at one point). Then there's the fact that onlookers assume someone famous is on board (the rental company informed James that the coach's most recent residents include 50 Cent, LeAnn Rimes and, most impressively, Ant and Dec). At one gas station, a girl in hot pants and a crop top actually wanders onto the bus to see for herself. The disappointment once her eyes are greeted not by the sight of Macklemore but a bunch of hairy, flatulent men is palpable. Scott soon starts telling credulous locals that we *are* actually a band and that our name is Gastric.

We race towards Kansas City, Led Zeppelin and "Mississippi" John Hurt blaring over the stereo. It's a unique vibe – a bus full of men, each of whom know they are living together for a week and a half. It's fun. But after a few days it starts to feel a bit like being trapped inside an episode of *Jackass* with no beginning or end. There's a lot of burping. Viagra tablets are hidden in bowls of M&M's. Gay porn websites are set as people's laptop home pages while they use the toilet. During one stop in Kansas, Scott and James invade a tennis court and ask two young racketeers if they wouldn't mind launching 120mph serves at them while they face the other way.

"Why would you want to do that?" asks one of the tennis players.

"Because it'll be funny," says Scott quite reasonably. "We'll film it."

In fact, the mood is so jovial that it's easy to forget the guys are in fact successful businessmen. At one point Scott has to shush everyone on the bus because he's on the phone on a conference call with investors, trying to raise £450,000.

You gotta go here

BACK RACK BBQ AND CINDER BLOCK BREWERY
Kansas City, Kansas

Later that day we turn up at the door of a well-known eatery called Jack Stack BBQ. The guys order their usual (which is to say, they order everything on the menu and a load of beer) and get stuck in.

"It's odd," says James later. "We first went to that place ages ago. And we were blown away by it. The food was good and they just seemed to have the whole business side of things locked down. But now… I sort of feel *we're* better than that."

James isn't being arrogant when he says this. He and the guys have spent the last three years working their arses off to make their restaurant a hit. It began when Scott realised there was a gap in the market for a quality barbecue restaurant in Leeds. He called up his childhood friend Clint – the only one of the three who is a fully-qualified, highly experienced chef – and convinced him to leave his job as head chef at a posh hotel.

"Scott started doing his research," says Clint. "He would sit for hours outside of Nando's in his car in the rain and count how many people were going in. He worked out the customers' average spend."

"I realised," Scott says. "They were making a fucking *ton* of money."

Scott eventually went to Barclays with his business plan clutched to his chest. But he was crushed to discover that, despite scraping every available penny together, they'd still not raised enough capital. Scott had almost given up hope when he was introduced to James through a mutual friend. James had just sold his property business and, it turned out, was also thinking of starting a barbecue joint with the money.

You gotta go here

WOODY'S SMOKEHOUSE
Joplin, Missouri

"My first thought when I met Scott," says James, "was, 'Why would someone with ginger hair wear so much mustard-colour clothing'? My second thought was, 'Fuck, I better team up because his restaurant's going to be way better than mine'. You could just tell from the way he was."

Beers were sunk, man-hugs exchanged and a three-way business bromance was forged. Red's opened in 2012. And then it all went mental.

"We figured out that we needed to make about £16,000 a week to break even," says Scott. "But it wasn't long before we were making £45,000. It was incredible."

"We were working 115-hour work weeks," says Clint. "After nine weeks my sous chef just burst into tears and said 'I can't do it Clint, I just can't do it'. I had to comfort him. But there were days when I felt like going up to the queues of people coming into the restaurant and screaming 'Go away! Why can't you all just go away?'"

They ended up turning £3million in revenue in their first year – three times their projected amount. Scott still gets goose bumps talking about it.

"We just had an idea and went with it," says Clint. "It was blind faith."

Faith is something not in short supply across the deep south. As we zoom through Oklahoma the scenery takes on that air of rural gothic menace, familiar to fans of *True Detective*. Pokey Baptist churches, surrounded by scrubland and often accompanied by trios of tall white crucifixes, are everywhere, as are ramshackle liquor stores and huge billboards bearing the stark warning: "METH: it traps you".

We wind up at a place called Backdoor BBQ in Oklahoma City, a natty smokehouse run by a heavily tattooed lady called Kathryn who, despite being welcoming, is clearly hard-as-nails. Throughout the course of the trip we eat kilo after kilo of barbecue but after one bite, it becomes clear that this place is a bit special.

Kansas City's Bucky, head honcho at Cinder Block brewery

The food is so good, so tasty, that your immediate emotional reaction after sinking your teeth into it is not one of happiness but sadness. Sadness because you know that at some point the meal will have to end. At some point you'll be sat in some UK chain restaurant fantasising about something called an Okie Burger which is so delicious you'd beat the shit out of your best mate just to eat it again.

Clint's being prevented from tucking in by our photographer taking snaps of his food.

"Why can't I just eat it?" he howls.

Clint's the sort of thoughtful, funny, practical guy you'd be delighted to have as a brother-in-law. Unlike James and Scott, whose shock-an-awe showmanship has a lot in common with fellow culinary agitators BrewDog (who they're full of respect for), Clint is only really interested in one thing: the food. Finding it, preparing it, cooking it, eating it. He enters each restaurant like an extremely focused barbecue Commando, scanning the menu, peppering his wrists with hot sauces, cross-examining the staff.

"We have to strip down our menu," he says excitedly between mouthfuls. "We need to be more like this." It's like seeing an artist from the 1930s encounter a Picasso for the first time, re-evaluating his life's work. Afterwards he goes and seeks out the restaurants pit master, Kenny, to tell him just how great he thinks the food is.

"Thanks y'all," says Kenny, a genuine tear in his eye, "that really means a lot to me."

You gotta go here

BLACK'S BARBECUE
Austin, Texas

Of all the things capable of filling your heart with warmth, goodwill and affection, perhaps the most unexpected would be the sight of Leighton Baines. But there you are. We're in an establishment called Gas Monkey Bar and Grill in Texas, a place where the people, cars and food all comes in just one size: enor-huge. Flatscreen tellies showing sport hang off every available bit of wall and one of them – in a neglected corner of the room – just happens to be showing the Europa League. The sudden, unexpected appearance of Everton's left-back, a man who looks bout as Texan as a Tunnock's Tea Cake, is like a familiar ray of light, beaming into the rolling meat dungeon that has become our lives.

Travelling into Dallas we hit up the Pecan Lodge – an old-school eatery run by Justin, a laid-back man-mountain.

"Justin is hardcore, still," says Clint. "You get the feeling that he's still up at three in the morning, at the smokers, stoking the fires."

Smokers play a big part in the life of any serious barbecue-er. On our trip, the visit to each restaurant's smoker feels like being shown the warp core of an intergalactic spacecraft or the holy altar of a temple. Sometimes it feels like the pitmaster has a romantic relationship with it.

"Before we started properly," says Scott, "Clint and I bought a smoker from Lithuania and would stay up all night, doing shifts and then climb into bed next to our wives stinking of smoke. And my wife doesn't particularly like barbecue."

"Someone needs to be there all the time," says Clint. "Making sure the heat stays at just the right temperature. Good pitmasters aren't like good chefs. It's a craft. You have to fall in love with it, the physicality of it, the colour of the smoke, the feel of the meat, the sauce everywhere, the dirt."

Justin's brisket and ribs are fantastic. He mentions he'd just been out with his wife that morning to stock up on guns as they'd heard a rumour that a loopy, disgruntled former employee was running their mouth about wreaking some kind of revenge on them as a result of being fired. We nod politely. A near-constant procession of Gulfstream private jets float by overhead, ferrying oil-rich millionaires in and out of the city. Dallas is an odd place.

You gotta go here

PECAN LODGE
Dallas, Texas

"When you see these little barbecue shacks," says James later, "don't think for a fucking second that it isn't a four or five million dollar-a-year business. They'll have people queuing up outside from 7am."

James, who essentially has Sean Bean's face grafted onto Rick Edwards' head and body, is an interesting character. Unlike Scott and Clint, he initially seems guarded. Prickly even. But it's a prickliness, we eventually realise, that's the result of a inn ate intelligence. Born into money and then, at the age of six, finding himself living in a small council flat with his mum, siblings and grandmother, he grew up broke and bitter, resenting the hand life had dealt him. He left school at the earliest opportunity (with two GCSEs) and, with playground insults about his "shit clothes and trainers" still ringing in his ears, swore to himself that he was going to get rich one way or another.

He's achieved that goal now. And, although the money obviously allows him to be a generous friend (not to mention fund a series of expensive, short-lived hobbies like rock climbing, sky diving and scuba diving), you get the impression his personal quest to find contentment may not end any time soon.

As we approach the end of our time on the road, all we can think about is the fact that when legendary actor John Wayne died the autopsy revealed that his meat-heav diet resulted in him having about 40 pounds of compacted feces in his colon. We don't want to go out like that.

The tiny town of Madisonville is where we take our leave. It's the type of place you wouldn't want to hang around in too long. "NO STOPPING HERE" is scrawled on huge letters over a wall. Elsewhere, a sign with "STAY OUT!" is bolted to a tree. For a region that prides itself on its rootin', tootin' hospitality, certain bits of it sure feel mighty hostile.

As we depart we ask James if he has any words of advice for any would-be competitors in Britain.

"Good luck to 'em, I guess," he says. And then he changes his mind: "Actually no, tell them it's a piece of piss. All you do is throw meat on a grill. How hard can it be?"

Red's True BBQ is coming to Shoreditch, London in July

Do as the Romans do

FHM mounts a vespa to the Italian capital in search of gelato and deep-fried foodie brilliance…

Know before you go

Travel
Rome has two airports: Fiumicino and Ciampino.

Stay
We stayed at the Duca D'Alba, situated slap-bang next to the Coliseum.

Drink
Even the cheapest bottle of wine on the menu tastes like nectar of the gods.

ESCAPE THE CROWD

Rome's tourist hotspots are too often an obstacle course of flailing selfie sticks and touchy-feely tour guides. Head over to Trastevere, an old medieval district across the river. We chilled by the fountain in Piazza Santa Maria with a tasty Italian craft beer, gorging on gnocchi while the sun went down and the shutters shot up, revealing Rome's best party spot.

Meet some gelato geniuses

Weave your way through cobblestone streets towards Fatamorgana, the city's most famous ice-cream parlour. It's not only cheap, but it also boasts flavours like black cherries and beer, and tobacco and chocolate – the only ice-cream a cowboy could eat while retaining his cool.

Deck yourself out in history

It's no secret that Rome is partial to a bit of nostalgia, but it doesn't just stop at ancient relics. Head to the trendy Monti neighbourhood and splash your cash at the vintage market where you can pick up classic garbs and retro knick-knacks. Once you're done, have a sit down at a jazz café and sip on an expertly made cappuccino.

Live life on the fry

Americans aren't the only ones that like to deep-fry the life out of everything they see. The Romans are so obsessed with the fine art of *fritti* that Colonel Sanders himself would be turned into a salivating white-suited mess. If your arteries are feeling up to it, get your gnashers rice-packed *suppli*, crispy fried squid and the sugar-dusted ball of donutty wonder *castagnole*.

Visit a creepy crypt

Built in the 1600s by an unknown artist, the Capuchin Crypt is a series of underground chapels decorated entirely with the skeletal remains of over 3,000 friars. It looks like an episode of *Changing Rooms* as hosted by Hannibal Lecter, and needless to say, it makes the London Dungeons look a tad soft in comparison. Not for the faint hearted – especially the pelvis room.

See Rome on two wheels

Remember that time you considered buying a Vespa but then worried you weren't nearly cool enough and got a toaster instead? Where better to realise your dream than the winding streets of Rome? Scooteroma offers you the chance to ride off into the city solo. You'll most likely crash into some kind of priceless artefact, but imagine how good you'll look doing it.

Know your emperors

The four craziest Roman kings to ever slip on a toga

01 Caligula
Proclaimed himself a god before installing his favourite horse as a senator. Once he ran out of fighters in the coliseum, he decided to feed the first five rows of the audience to the lions just for shits and giggles.

02 Nero
Drove his subjects into abject poverty in order to build himself a massive garden. Legend has it that during the Great Fire of Rome, Nero celebrated all the death and destruction by climbing a hill and playing the fiddle.

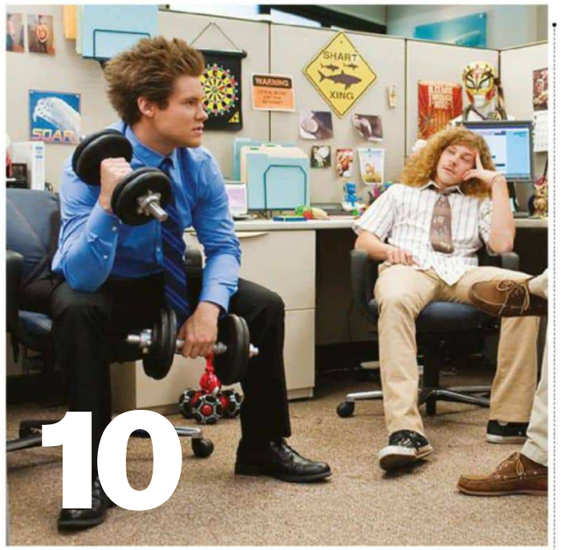
03 Elagabalus
Whored himself around brothels, executing anyone who spurned his advances. Took the crown at 14 before being assassinated at 18, leading historians to think he might have been the most irritating teenager of all time.

04 Commodus
Loved gladiatorial games so much that he took part himself, taking particular enjoyment in fighting animals. He battled giraffes, ostriches and elephants before being strangled to death in the bath by a wrestler.

WORDS: NICK POPE. PICTURES: GALLERYSTOCK, ALAMY, SHUTTERSTOCK

THE FINAL COUNTDOWN

10 TELLTALE SIGNS YOU NEED TO QUIT YOUR JOB



10

You have frequent work dreams

We're not talking about the kind where you and Lord Sugar are lighting cigars with a wad of cash, but more the sort where something goes catastrophically wrong with an Excel spreadsheet. And then your boss yells at you. And then your pants fall down and everyone laughs and calls you 'pencil penis'.

09

You're on first name terms with Carol from HR

Partly because she had to have a chat with you after those emails came to light. Partly because of that impression you did at the Christmas party. HR professionals are like Dementors from Harry Potter. They'll eventually suck all life out of you, unless you leave first.

08

Your colleagues don't make tea anymore

The great British tea round is on the verge of extinction, thanks to young whippersnappers surviving on industrial protein shakes and energy drinks called things like 'Nerve Killer'. An end to the humble tea round is a sign that you're too old for this place, pops.

07

Management begin using posh words

"We're reimagining the core brand values…" [No one is buying our stuff anymore] "…and will be streamlining the team for greater interdepartmental synergy…" [We're sacking loads of people] "…so will now be consulting on…" [And you're next, pal]. Get out. Now.

06

You post between four and nine Facebook status updates per day

Notice how you've been refreshing the browser every 3.5 minutes to see if anyone's retweeted your "Why don't you ever see Jammie Dodgers anymore?! Lol" tweet? Or how you're constantly following those Facebook status arguments between the thickos you went to school with?

05

Someone puts up a 'keep calm and carry on' poster

We can't all work at Fun Central Ltd, but we can at least hope for a stiff upper-lip mentality. No one really loves their job, but it's at least necessary to avoid talking about hating it. If your workmates are flying quasi-ironic posters just to get them through, then it's a sure sign you need to jump ship.

04

You have a few tinnies on the way home

Train beers can be a great bolt-loosener after a week of back-slapping success and deal-making. Yippee! Let's drink to your success, go-getter! But sipping a can of Tyskie out of a brown bag on the number 19 bus is more a sign of drinking to forget. Next stop? Destitution.

03

People joke about how long you've been there

"Ha-ha, this legend's part of the furniture" they jape. "Ooh, seven years? You get less for murder!" goes the banter. "Yeah, that guy smells of ham and we think he might sleep here sometimes..." you overhear them say. Maybe time to have a quick look at the job ads, yeah?

02

You begin taking tactical poos

Away from the hum of your desk is a special place where everything's done on your terms and no-one can judge you. Hail the sanctuary of the toilet cubicle, and the refuge it offers all Candy Crush Saga skivers and secret weepers.

01

Someone younger and better-looking is employed

Remember that Christmas when you were voted 'Most Pert Bottom Cheeks 2012?' Yeah? Well no-one else does. That's because since then, someone with less wrinkles and more Twitter followers has started working in your office, the little clean-shirted newbie. Ah well, there's always the toilet cubicle. Your bum will always be number one there...

WORDS: SI CUNNINGHAM. PHOTOGRAPHY: REX

See you next month...

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